



BEYONCÉ'S TWISTED SECRETS *Revealed!*

- * DAD WAS AN ADDICT & SERIAL CHEATER
- * MENTOR A CONVICTED DRUG DEALER
- * FLED AN ACCIDENT SCENE...

BEHIND THE SCENES OF VS ANGELS 2015

- * KARDASHIANS BANNED
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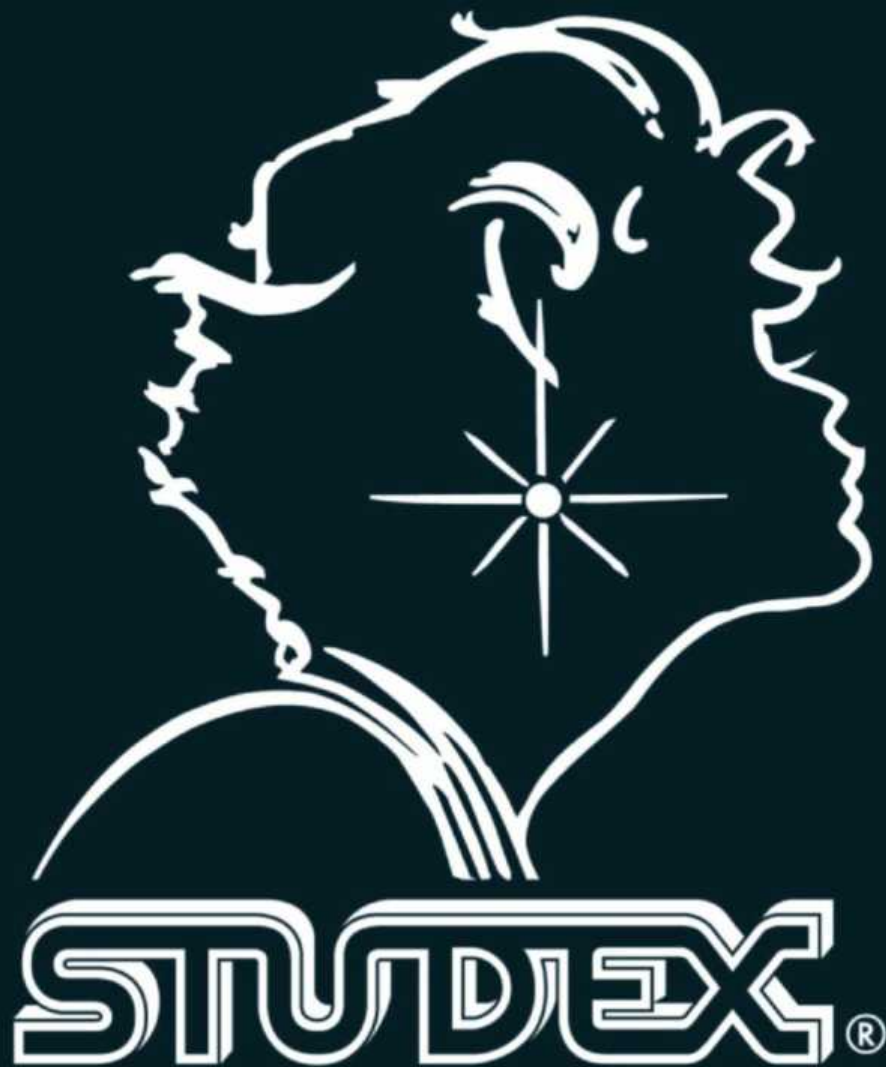
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In This Week's Issue

Gossip & Features

3-4 Contents & #What's Trending
6 Spotted: Leonardo DiCaprio
8-9 Adam's jealous of Blake and Gwen! PLUS Gossip
11 Beyoncé's secret past revealed
12-13 Angie and Posh scarily thin PLUS Brad's nip/tuck
 PLUS Sharon Osbourne's surgery crazy
 PLUS Couple News
14-15 Behind the scenes of Victoria's Secret
20-23 Heights of success – where do they stand?
24-25 Hollywood's greatest tragedies
95 Before they were famous

Real Life

44-45 Exploring the Titanic part 13: Titanic's baby
76-77 Boy with no brain speaks PLUS Strange but true
83 My stories
86-87 'My lip-filler fiasco' PLUS Verdict
88-89 Fattest woman loses 200kg! PLUS Did you know?
90-93 Tears for Paris

Fashion, Beauty & Health

27-29 Get the look
30-34 Fashion
35-38 Beauty
39 Celeb fitness
40-42 Body, mind & health news
43 Dear Doc

Regulars

16-19 Décor
26 Travel
46 people has heart
47-50 Poster: G-Eazy
48-49 Poster: Alice Eve
51-62 Puzzles
63 Recipe
74-75 Animal news PLUS Take me home
78-79 Puzzle answers
80-81 Classifieds
82 Dear people PLUS Mama Taxi
84 Horoscope
94 Cool stuff

Entertainment Central

64-65 Fab 5 and Dstv highlights
66,68 & 70 Schedules PLUS Gig guide
67 Seen on set
69 Reality bites
71 Off the record, CD reviews & quiz time
72-73 Two minutes with two stars
 PLUS Spotted: Alison Sweeney PLUS Soapie spoilers

#What's Trending

BY MARK WASSERMAN

ANOTHER week in Celebville to get us talking,
 laughing... and, of course, hashtagging! #CelebNews
 #OurFavesThisWeek #HollywoodMemories
 #PeopleMagLovesIt

Monday: #MCM (Man Crush Monday)

"A WEEK before I was due to deliver (this) speech tonight, they said, 'You've got cancer'. They said, 'If you don't get any treatment in the next three weeks, you're going to die'." A valedictory address by a New Zealand high school senior has gone viral online, and for good reason. Jake Bailey is a senior monitor at Christchurch Boys' High School. He was diagnosed with Burkitt lymphoma just a week before he was due to give the end-of-year speech. At times choking back tears, he said, "Forget about having long-term dreams. Let's be passionately dedicated to the pursuit of short-term goals. Micro-ambitious. Work with pride on what is in front of us. We don't know where we might end up. Or when it might end up." And as if that wasn't enough, his fellow students responded with a long, loud round of applause and surprised Jake with a haka, which is the point our whole office reached for the tissues together. We're wishing you nothing but good things, Jake.



PICS: WWW.ELITEPHOTOAGENCY.COM / GALLO

#WhatsInAName?



Tuesday: #TBH (To Be Honest)

THIS week we're all about celeb kids' names, from the weird to the cruel (we're looking at you, Gwyneth aka Apple's mom). Jessa Duggar and husband Ben Seewald are parents to baby Spurgeon Elliot Seewald, who now has to go through life on Earth with a first name that, to be honest, sounds like he could be a villain from a gothic novel. The parents said they named him after Charles Spurgeon, a preacher in the 1800s. Didn't think about maybe opting for 'Charles', then, guys?

Wednesday: #WCW (Woman Crush Wednesday)

IN the heat wave we've been experiencing lately, it's easy to forget that there will still be cold snaps coming and that there are those underprivileged people who have no provisions to protect themselves against the weather. Which is why we're crushing on the unflinching efforts of Carolyn Steyn, whose 67 Blankets Campaign is not only still going strong, but is also keeping attention on the plight of those who are often forgotten. We salute you, Carolyn, for your amazing work, and on flying the SA flag high, no matter the weather!



#67SalutesForCarolyn



Thursday: #TBT (Throwback Thursday)

HOW gorge is **Meryl Streep**? And she's always been so. This pic, taken in the '80s, proves it. But did you know **Meryl** was once deemed too unattractive for a role in *King Kong*, in 1976? While visiting *The Graham Norton Show* earlier in the year, **Meryl** recounted how Italian producer Dino De Laurentiis asked his son, who thought the then-unknown **Streep** would be perfect for the role, "Why do you bring me this ugly thing?" **Streep**, obviously, spoke Italian and responded, "I'm sorry I'm not beautiful enough to be in *King Kong*."



#ShesEarnedHerStreeps

Friday: #FFF (Fun Fact Friday)

THIS week's fun fact is all about SA's beloved national treasure, newsreader **Riaan Cruywagen**. Did you know his father's collection of encyclopaedias sparked his interest and appetite for news? He was only five years old when he read his 'first' news broadcast – in the family's garage. We searched the Internet high and low for a pic of **Riaan** as a toddler, but alas. Then we thought, since he hasn't changed in decades, he probably looked the same at age seven as he does at his current age of 70!

#7or70?

Sunday #SS (Sore Sunday)

TV and radio personality **Carmen Reddy** was shot and injured recently at her Centurion home. The sports anchor and radio personality is being treated in hospital after a bullet was lodged in her shoulder. She was celebrating Diwali with two colleagues, EWN's **Aurelie Kalenga** and 5FM's **Vic Naidoo**, when armed robbers stormed into her home. It is believed that the only item stolen was a cellphone. Ben Said, head of eNCA News, said, "She is doing well but is in hospital receiving surgery to have the bullet removed. She will make a full recovery." There's no denying that crime in South Africa has reached alarming levels, and it's shameful that these type of incidents have become a daily phenomenon. Wishing you a speedy recovery, **Carmen**.



#EnoughIsEnough

Hi Everyone!

ON Saturday November 14, we woke up to the tragic news of a mass attack on Paris. It was heart-breaking watching the news, with over 130 people killed and more than 400 people admitted to hospital. The series of terrorist attacks lasted around 30 minutes; suicide bombings, hostage takings and mass shootings occurred. It's been said this attack was the deadliest in France since the Second World War. President Hollande declared the attacks



as 'an act of war'. Once again, innocent people lost their

Ed's Letter

lives and families will never be the same after losing their loved ones. This week we take a look at what sparked the attacks on pages 90 to 93. Upon hearing of the tragedy, my thoughts immediately went out to the families of those who would never return home. To these families and the people in France: you are in our thoughts.

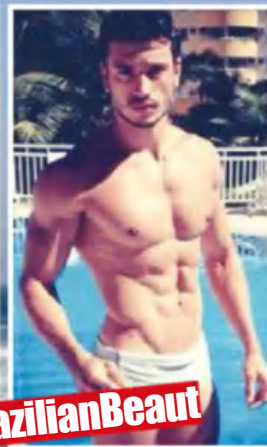
Until next week,

Andrea
andreac@caxton.co.za

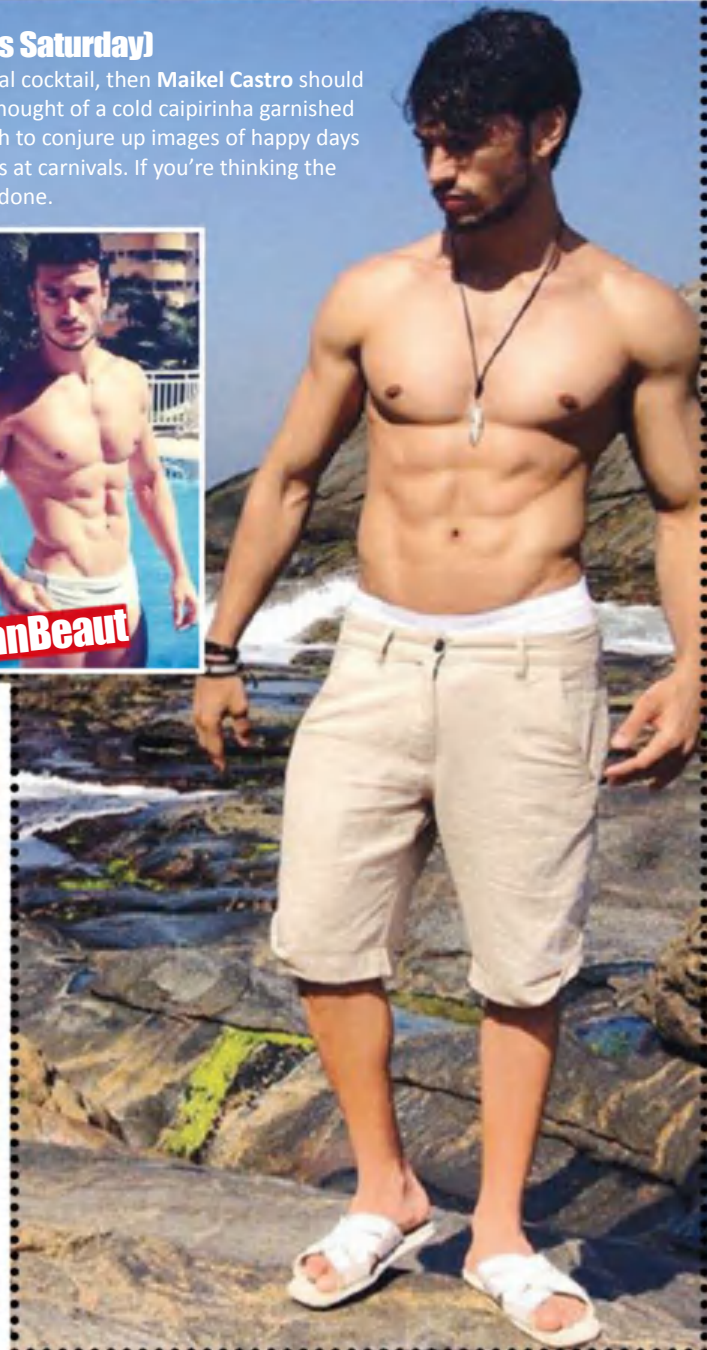


Saturday: #SS (Shirtless Saturday)

IF the caipirinha is Brazil's national cocktail, then **Maikel Castro** should be its national dish. In fact, the thought of a cold caipirinha garnished with a hot bit of **Maikel** is enough to conjure up images of happy days on beaches and glamorous nights at carnivals. If you're thinking the same thing, then our job here is done.



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BY EUGENIA BOOI

Leo Gets Ripped

LEONARDO DICAPRIO decided to give us a flash of his underwear as he stepped out of his car in California. The actor was spotted out with his beautiful girlfriend **Kelly Rohrbach** about to grab lunch at the Gjelina Restaurant. He was in town after being honoured at the recent LACMA Gala, and either the 40-year-old actor has been entertaining the idea of dabbling in hobo chic or he was seriously, er, ripped off at whatever designer store he presumably bought those pants from. Whatever the case, someone needs to let him know the whole *Great Gapspy* look isn't working.

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Juicy Gossip

BY ZARA BRINER



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Helena Bonham Carter's Going Bald!

CAITLYN JENNER isn't the only star losing hair these days, as it seems actress **Helena Bonham Carter** is enduring the same hair-shedding problem. The *Sweeney Todd* star was spotted shopping and attending to some errands in London recently and looked worse than usual. And while we're used to seeing **Helena** in a strange outfit or two, it was her hair, or lack thereof, that really caught our attention. In fact, not only did her hair look like one big mess, but there was a bit of a bald patch revealed. Yikes!



Pam Anderson Is Hepatitis-Free!

WHAT do you do when you've just received word that you're finally cured of a long-term viral disease? Announce it to the world, that's what! Which is exactly what **Pamela Anderson** did when she found out she's hepatitis-free. **Pam** took to Instagram to share the happy news with fans and looked as though a huge weight had been lifted off her shoulders as she was seen smiling and laughing away in a naked pic of herself captioned: "I am CURED!!! I just found out #nomorehepc." **Pam** was diagnosed with the infection in 2001 after saying she contracted it from sharing a tattoo needle with her ex, **Tommy Lee**. And it seems the years of drug trials have paid off for the *Baywatch* babe, as she recently revealed she was trying out a new drug regimen approved by the FDA that would eradicate the virus. "I don't have any side-effects," she said, adding, "It was a real blessing that I was able to get the medicine."



Shannon's Public Debut Post-Breast Cancer Announcement



SHANNON DOHERTY made her first red carpet appearance recently since announcing her battle with breast cancer just a few months ago. The *Beverly Hills 90210* star was spotted looking exhausted, but still managed a smile at the Baby2Baby charity event in Los Angeles that sees Hollywood stars coming together to raise funds for babies and families in need. "Such a wonderful evening with inspiring women like @kerrywashington who gave one of the most inspiring speeches," tweeted **Shannon**. In August, **Shannon**

announced to the world she was diagnosed with the illness, saying, "Yes I have breast cancer and I am currently undergoing treatment. I am continuing to eat right, exercise and stay very positive about my life." It's good to see her out and about.

Adam Je

OVER VOICE ROMANCE

THINGS are tense on *The Voice* – and it's not coming from the contestants.

WITH Gwen Stefani and Blake Shelton officially together, it seems *The Voice* is going through a lot of emotions – and some are not as happy as others. Mentor **Adam Levine**, who works closely with the stars on the hit reality show, is reportedly annoyed by all the attention the new couple are receiving, with some going as far as to say he is acting like a child.

Blake and **Adam** are not just mentors on the reality talent show, but the two have become great friends over the years and their humour and fun personalities are one of the many reasons the show is such a success. But with **Gwen Stefani** back in action – and romantically involved with the country singer – **Adam** is feeling left out, and acting very immature, say sources.

According to reports, tensions were very high on a recent taping of the show with **Adam** struggling to hide his displeasure over **Blake** and **Gwen's** new relationship. While **Adam** is happy for his friends and colleagues, it seems the singer isn't pleased about the attention the country star's new romance with the gorgeous blonde is getting!

It's no secret **Adam** loves to be the centre of attention, and with the pair recently confirming their romance, it seems **Adam** isn't getting the attention he is used to – and boy, is that not going down well on set!

"**Adam** seems really upset that he is not the centre of attention right now," says an insider. In one heated on-camera exchange, after **Stefani's** team pulled ahead of **Levine's**, **Shelton** said, "Team

"Adam is used to being in the lead on the show and having the fans' attention."



Adam is not happy about the attention the romance is receiving

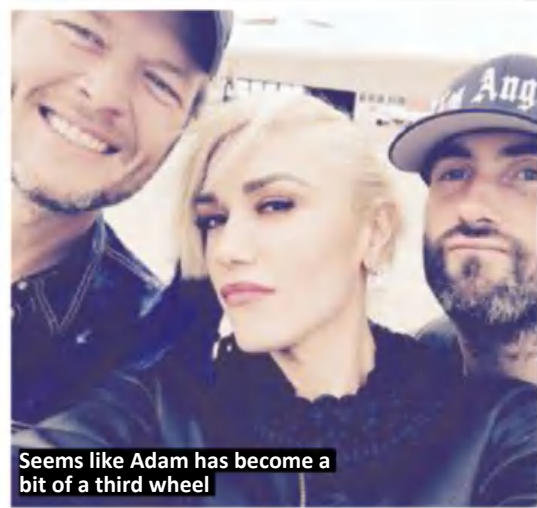
Gwen is whipping the cr*p out of Team **Adam** tonight. It's fun to see **Gwen** whip the cr*p out of **Adam** tonight. It makes me so happy." But instead of hitting back at **Blake** – the pair are known for their quirky exchanges on the show – the 36-year-old reportedly childishly tried to shut down **Shelton** by mocking his laugh. "**Adam** is used to being in the lead on the show and having the fans' attention,"

alous

BY ANGELA BEKIARIS

reveals a source, who adds, "It just seems to make him so angry when he does not get that. It's like he is a little kid."

While things were still hush-hush between the pair a few weeks ago, **Adam** seemed fine with the relationship, but with all the attention being drawn to them since confirmation of their hook-up, it seems the hunky singer doesn't like the way things are going for this season. And to make matters worse, **Gwen** and **Blake** are not playing down their feelings for each other either. Says the source, "**Gwen** and **Blake** are like two high school kids and they are not holding back any affection towards each other. Of course **Adam** is happy for the two of them as a couple, but he does not seem happy about the attention that they are already getting!"



Seems like Adam has become a bit of a third wheel



Gwen and Blake recently confirmed their relationship

Gavin's Long-Term Affair With The Nanny



WHILE she seems happy with her new beau, there's no denying the fact that Gwen Stefani was

left heartbroken by her split from Gavin Rossdale, the father of her three children. And while the spotlight might be on her new romance with Blake at the moment, many don't know what has been going on behind closed doors. For years!

After 13 years of marriage, **Gwen** reportedly ended things after finding out that her husband was having an affair – with the nanny! Just like many other Hollywood stars who have ended their marriages thanks to getting too cosy with the staff, sources reveal that **Gavin** was having an affair with the nanny right under **Gwen's** nose – and it was no one-night stand either! **Rosssdale's** three-year relationship with the family's long-time nanny, Mindy Mann – who cared for the couple's three sons, Kingston, nine, Zuma, seven, and Apollo, 20 months – is the reason behind their sudden split, and was even taking place when **Gwen** was pregnant with Apollo.

According to insiders, **Gwen** found out about the affair back in February when she discovered explicit texts between her husband and Mann, including nude photos of Mann on the family's iPad and their plans to meet up for sex. "The iPad was linked to **Gavin's** phone," says a family source, who adds, "One of the other nannies discovered the exchange and told **Gwen**." Of course, Mann was later fired, and **Gavin's** excuse that the exchange was simply 'flirtation' didn't go down well with **Gwen** who months later called it quits and said her goodbyes. The admission 'completely devastated her', reveals a source. "She was mortified, livid, and embarrassed. This was done right under **Gwen's** nose."

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Beyoncé's Twisted Secrets Revealed!

BY ANGELA BEKIARIS

DRUGS, bankruptcy and depression were all part of **Beyoncé's** rise to fame!

SHE'S one of the most successful stars Hollywood has ever seen, but according to new reports **Beyoncé** wasn't always on top of the world. While her glitz and glam life seems picture perfect now, the star was once sad, alone and, well, completely broke!

The pop star's darkest secrets have been revealed in a new book called *Becoming Beyoncé*, which shares the sad stories of her childhood.

J. Randy Taraborrelli reveals the pop star's secrets in his new book, describing her life as being caught up in a web of narcotics, kinky sex and even child abuse.

Beyoncé's former 'babysitter' – and convicted drug dealer – Belfrey Brown opened up about the dark years before her international fame. **Beyoncé** wasn't always worth R3.5-billion, nor did she live a lavish lifestyle and have diva demands. She was a simple girl growing up with the bare necessities, says the source, adding that her parents Mathew and Tina Knowles were even slapped with a tax lien in 1995, with Tina accused of bouncing 11 business cheques. The couple filed for bankruptcy for the third time that year.

Their 1995 split, with Tina leaving home with her girls – **Beyoncé**, **Solange** and surrogate daughter **Kelly Rowland** – and moving into a tiny townhouse, was one of the many obstacles **Beyoncé** had to overcome. The family dealt with many money problems

over the years with a family friend explaining, "Tina would say that they were going to cut off the water or electricity to the town house. Or she needed money for food."

Times like these lead to depression for the up and coming star.

"**Beyoncé** spent a lot of time in her room," reveals a relative who adds that 'when she got into a mood like that, it was hard to reach her'.

She also suffered a tragedy at the age of 15 when her childhood mentor, Andretta Tillman – who was her manager when she was a part of group **Girl's Tyme** – died after a battle with cancer. "It was as if she had a hole in her heart that she just wasn't able to fill," says the source. Tillman's nephew, Brown, helped raise and mentor **Beyoncé** in between his illegal activities and has said, "Andretta Tillman's my aunt. She was the original manager for **Destiny's Child** and **Beyoncé**...I did spend a lot of time around them in the early years. I guess you could say I was **Beyoncé's** babysitter! At the time, I was selling drugs. I did get caught up in a federal indictment and I had to leave them all behind to go to prison...I was there for 12 years."

And it seems the demons of addiction were running wild in young **Beyoncé's** own home, too. According to another family friend, her own father was a cocaine-snorting serial cheater in those early years. *The Making Of A Child Of Destiny*, a memoir by **Knowles'** family friend Brian Moore, claimed **Beyoncé's** dad, Mathew, could barely hide his rampant drug use and was known to go in Tillman's garage to 'do cocaine or other drugs' during rehearsals for **Beyoncé's** group. He would come back 'ranting and raving and yelling and carrying on'. Moore adds that Mathew would attend important meetings about **Bey's** future career 'high as a kite'. With cocaine and sex addiction being just some of his many vices, he eventually went to rehab and that's when her parents' divorce was finalised. At 16 the star was also involved in a scary car accident with her then-boyfriend, Locke, and cousin, Angie. According to Locke, **Beyoncé** ran away from the scene because 'she was worried about the possibility of reporters and police showing up'. Two victims were hospitalised, but there were no fatalities. The couple later split after Locke showed up at her home high on marijuana.

And to top things off, the now successful star had to try support her best friend and fellow member of **Girl's Tyme**, **LaTavia Roberson**, who was living her own private hell as she was repeatedly being molested by a Houston cop. According to Brian Moore, 'it was that incident and witnessing Mathew's rages that turned **Beyoncé** from a sweet Houston girl to a ruthless international pop icon'.



Beyoncé parents, Mathew and Tina Knowles



Becoming Beyoncé and **The Andretta Tillman Story** are both available from Amazon.com



Bey was originally in the group **Girls Tyme**



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PEOPLE 11

Couple News

BY ZARA BRINER

McDreamy Holds Hands With Ex

Patrick Dempsey and his estranged wife, Jillian Fink were spotted together recently and have sparked reconciliation rumours. Things certainly looked as though they were back on track for the former lovebirds, as they were snapped riding bikes, taking selfies and strolling hand in hand, taking some time out of their busy schedule to meet up. **Patrick** is currently shooting *Bridget Jones's Baby* in London and **Jillian**, who's a make-up artist, has been travelling with **Jennifer Lawrence** on her *Hunger Games: Mockingjay – Part 2* press tour. In January, **Jillian** filed for divorce after 15 years of marriage and while their divorce is reportedly still on, an insider has revealed, "They are seeing if they can salvage their relationship." We hope they do!



Are Lewis & Nicole Back Together?

NICOLE SCHERZINGER and **Lewis Hamilton** have caused a stir after they were both seen exiting the same nightclub in London recently. The former couple have kept their distance from each other ever since splitting up again in February, with **Nicole** even being romantically linked to Swiss soccer player **Pajtim Kasami** and musician **Ed Sheeran** this year. But according to a close source, **Nicole** and **Lewis'** recent run-in was purely coincidental. Still, the fact that both parties left the venue all smiles should mean something, right?



Amber & Wiz Back On!

THERE must be something in the air in Hollywood, as it seems **Amber Rose** and **Wiz Khalifa** are the latest



stars to reportedly be working on their relationship. They looked awfully friendly in a recent family pic posted by **Amber** on Instagram. "They are working on being parents first, and they'll see where everything else falls," said a source.

Scary Skinny:

BY EL BROIDE

Angie & Posh At 40kg!

FEARS rise as these stars' weight plummets to an all-time low.

IT'S no secret that **Angelina Jolie** and **Victoria Beckham** have struggled to put on weight. So much so that there have often been times when the two looked incredibly sick as a result of their weight loss. However, things have become so bad that the two are lighter than ever – just pushing 40kg! As their friends and family worry about the health of the ladies, we break down why they just can't seem to gain weight.

Angelina Jolie

BRAD PITT has been begging his wife to start eating more for months but when we spotted the two on the red carpet recently, we felt certain the star's pleas had been falling on deaf ears. Not only is **Angie** not gaining weight, but she seems to be dropping more and more each time we see her. "It was a real shame," an eyewitness at her *By The Sea* premiere said. "Angie's razor-sharp shoulder bones and skeletal arms stole the spotlight."

Now, with **Angie** at just 40kg,

Brad reportedly feels more hopeless than ever and worries about his wife's health every day. It's also been reported that **Angie's** health took 'a beating' after the actress was diagnosed with both **BRCA1** and **BRCA2** cancer genes and, therefore, underwent a double mastectomy and a hysterectomy in the short space of a year. In her new film, the actress plays **Vanessa**, who she has describes as 'frail, tortured and hemmed-in'. She feeds her mourning a diet of 'pills and suicidal fantasies', while **Brad's** character, **Roland**, is 'defeated by the seclusion of her anguish, and drinks'. Sounds eerily like, a case of art imitating life...



Victoria Beckham

POSH is another star who has forever been skinny. However, as her family grows up, the fashion designer is under more stress than ever before, and is now at a frail 42kg. The **Beckhams** have always been under the spotlight but it's only been around the past year that **Brooklyn** and **Romeo** have started getting more and more attention – and it's been nerve-wracking for their mom. **Brooklyn's** relationship with **Chloë Grace Moretz** catapulted him even further into the limelight and **Romeo's** Burberry campaign has made him one of the most sought-after teen models.

At Burberry's recent event celebrating their new campaign, which features **Romeo** as the star, all eyes were on **Victoria** and her skeletal frame. "Stress, constant travelling and being away from her family has really taken a toll on **Victoria**," an insider says. "She's slipping into depression and it's already visible on her."



Has Brad Gone Under The Knife?

SEEMS the hunk has had a little nip/tuck.

BRAD and Angie attended the premiere of their latest film, *By The Sea*, and we couldn't help but notice how good Brad was looking.

So, naturally, we glanced through our collection of images and noticed how much tighter his skin is these days. The wrinkles are gone and it seems that Brad has had some fillers in and around his forehead and under his eyes. Well, it seems even the most perfect 51-year-old man in the world needs some help here and there...



NOW



2012

2012

2013

2013

2014

2014

The Ever-Changing Face Of Sharon Osbourne

BY PEARL MPHUTHI

HAS the star gone too far or is she following doctors' orders?

Sharon Osbourne is no stranger to having a little maintenance done but her recent appearance sparked rumours that she has an ever-growing obsession with plastic surgery.

The 63-year-old personality stole the Limelight at the City of Hope 2015 Spirit of Life Gala event where she debuted her 'new' puffy complexion.

Osbourne has been a fan of Botox and fillers to achieve a volumised and wrinkle-free face but it seems like these cosmetic procedures have taken their toll! The former *X Factor* judge later took to American talk show *The Talk* and opened up to her co-stars about the picture that caused controversy after reading that reports described her face as puffy. "Puffy? I don't pay all this money for them to say 'puffy'. How dare they? They can say 'line-free' but never 'puffy'," she joked on the show.



2000 - Spotted alongside husband Ozzy Osbourne, looking a lot more natural



2002 - Spotted at a movie screening, Sharon's face still looked normal



2005 - The area around her lips has had Botox



2011 - The TV personality has had some work done on her upper cheeks



2013 - It's hard to believe she's actually older here than she was in 2000



Early 2015 - Still looking good

Current: Yes, you do look puffy Sharon!

PICS: WWW.ELITEPHOTOAGENCY.COM / GALLO / GREATSTOCK / MAGAZINE FEATURES



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BEHIND THE SCENES OF **VICTORIA'S SECRET 2015**

BY ZARA BRINER

THIS year's biggest fashion show saw a no-show from the **Kardashian** Klan, a shock last-minute walk-out and a rekindled friendship... We have all the deets!

WHEN Kendall Jenner and Gigi Hadid announced they would be sharing the stage with other Victoria's Secret alumni, like Alessandra Ambrosio and Candice Swanepoel, at this year's Victoria's Secret Fashion Show, we knew it would be one fashion show for the books. And although all eyes were on the new Angels, who without a doubt rocked the runway, it was the drama that happened behind the scenes that caught our attention...

The Kardashian Sisters Banned

WHILE Khloé Kardashian had no plans to attend Kendall's Victoria's Secret runway debut – she was in the midst of promoting her upcoming book *Strong Looks Better Naked* – sisters Kim and Kourtney were forbidden from attending the fashion show. Kendall revealed to a reporter backstage that she didn't want them hogging the spotlight and said, "I told them all to stay away." That couldn't have gone down well!



Strong Looks Better Naked is available from Exclusive Books



Kylie Vs Kendall: The Jealousy Continues

RUMOURS were swirling straight after the event about **Kylie Jenner's** conspicuous absence. After all, **Kylie**, who was already in New York, was seen on the red carpet the night before when she showed support for **Caitlyn Jenner** at the *Glamour* 'Women of the Year' Awards ceremony. And according to numerous sources, **Kylie's** reportedly been jealous of **Kendall** ever since her modelling career took off. **Kylie** eventually took to Instagram a few hours later to congratulate her sister. She shared a pic of **Kendall** and **Gigi** and captioned it: "And now congrats to my little Angels. I love you guys." Still, the fact that **Kendall's** supposed 'partner in crime' was a no-show is suspicious – especially considering **Kylie's** beau, **Tyga**, was present...



Rihanna's Last-Minute Ditch

A FEW days before the actual show it was announced that **Rihanna** had pulled out of her scheduled performance to focus on completing her eighth studio album, *Anti*, although it was said **Rihanna** was using the platform to actually push her recent offering. She was replaced by **Ellie Goulding**. But what's more surprising is the timing with which it all happened. It was discovered that **Rihanna's** bestie and fellow VS Angel, **Jourdan Dunn**, was shockingly left out of this year's celebrations after modelling for the brand for the last three years, which is around the same time **Rihanna** withdrew. New reports have emerged claiming **Kendall** may have been behind **Jourdan's** omission, as it's been speculated that she replaced the supermodel. And **Jourdan** took to Twitter to voice her frustrations, saying in a now-deleted tweet: "Feeling so much better about not doing BS... sorry I mean VS now that **Rihanna** isn't doing it also." This isn't the first time **Rihanna** has had bad blood with **Kendall**. In 2013, **Kendall** tweeted before attending the *Diamond* singer's concert: "If **Rihanna** doesn't perform *Complicated* tomorrow, I'm gunna [sic] be very upset #FavSong," to which **RiRi** responded: "Well, don't come." Ouch! **RiRi's** clearly no fan of **Kendall's**!



Kris And Caitlyn Unite

KRIS and **Caitlyn Jenner** were the only family members to witness **Kendall** strut her stuff down the runway. And if anyone thought **Kris** was still upset with **Caitlyn** over her negative comments about the momager to *Vanity Fair* magazine in July, the latest pics of them together certainly beg to differ. The former couple put on a united front for cameras and showed no signs of animosity between them as they were all smiles, laughing and chatting away and at one point were even caught in an embrace. Although they weren't seated together, as **Caitlyn** sat with friends in the front row and **Kris** was joined by her toyboy boyfriend, **Corey Gamble**, it's clear they were proud parents.

Plus!

Caitlyn Puts On A Sideshow

CAITLYN did it again and broke the Internet with what seemed to be the results of the breast augmentation surgery she had earlier this year. For her VS outfit, she traded in her usually covered-up look for something a lot more revealing, choosing to wear an LBD by Stella McCartney. The above-the-knee dress featured sheer sleeves and a sheer panel that sent the Internet into a frenzy when she was spotted showing some serious sideboob while leaving the VS afterparty. Wowzers!



Selena And Kendall Make Friends

IT seems the feuding between **Selena Gomez** and **Kendall** is officially over, as the two were spotted in an Instagram snap together. **Selena**, who was there to perform, uploaded a pic of her pouting away with **Kendall**, **Lily Aldridge** and **Martha Hunt** backstage, and was the first pic taken of her with **Kendall** since April last year. Right after **Selena** was seen partying it up with the **Jenner** sisters at last year's Coachella festival, she unfollowed both girls on Instagram and reportedly called them 'toxic' after it was claimed **Kendall** was cosying up to her ex, **Justin Bieber**. Could their friendship really be back on track?



GREYSTOCK AUGUST IMAGE PAUL CASTELLO

At Home With Sheryl Crow

SINGER and songwriter Sheryl Crow invites us into her trendy home. The star shares the airy, cosy loft-style abode with her two sons, Wyatt and Levi.

"I CAN spend hours going through flea markets. I've got some really weird stuff."



"I'M into funky religious art."

Continues on page 18...



"I WANTED a freestanding tub because I thought it would be cool and romantic, but I never really use it."

Summer Entertainment

SUMMER is the time for entertaining, so create the perfect oasis with these décor accessories.

STOCKISTS: ESQUE: WWW.ESQUE.CO.ZA / BLOCKHOUSE: WWW.BLOCKHOUSE.CO.ZA / PANDA-BEANBAGS: WWW.PANDA-BEANBAGS.CO.ZA / MALAWI CHAIRS: WWW.MALAWI-CHAIRS.CO.ZA / @HOMELIVINGSACE: WWW.HOMELIVINGSACE.CO.ZA / @HOMELIVINGSACE: WWW.HOMELIVINGSACE.CO.ZA / @HOMELIVINGSACE: WWW.HOMELIVINGSACE.CO.ZA



Bubble Hanger:
R11 800,
Esque



Silver Metal Lantern: R210,
@home Livingspace



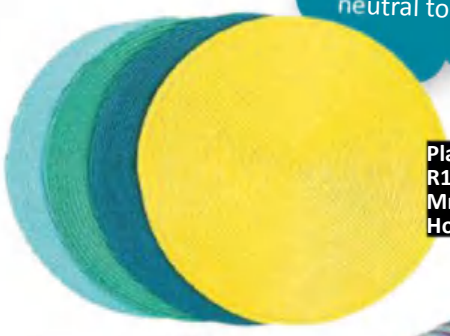
Salone Trolley:
R3 499, Mobelli



Palm Leaf Chair Pads: R89.99,
Mr Price Home



people's Choice
Mi'Chael Single Chaise Lounger:
R1 840, Panda-Beanbags
We love this lounger which can be placed by the pool or underneath a covered terrace



Placemats:
R19.99,
Mr Price Home



Cotton Rope Hammock Swing:
R895, Weylandts



Monaco Aluminium Barstool: R2 999, Mobelli



Hanging Starfish:
R79.99, Mr Price Home



Printed Scatter: R129,
Mr Price Home

TIP
MAKE a statement with a uniquely designed chair coupled with printed scatters.



Rose Gold Cocktail Maker:
R699,
@home Livingspace



Spray-Painted Malawi Chair: R2 000,
MalawChairs



O Bench:
R21 242,
Esque

*Prices subject to change. See disclaimer on page 28.

www.peoplemagazine.co.za

How Tall Are The

Jada Pinkett Smith:
JADA didn't let her short stature stop her from nabbing one of the tallest men in Hollywood. She comes in with a height of just 1.52m.

1.52m



1.55m



Lady Gaga:
 WHILE her quirky outfits always seem larger than life, **Lady Gaga** is actually very short, at a height of just 1.55m.

1.56m



Thando Thabethe:
THANDO'S large personality comes across on 5FM, but in person and on our TV screens, she's only 1.56m tall!

1.63m



Megan Fox:
 SHE'S blessed with gorgeous looks and makes men weak at the knees, but **Megan's** height is still slightly below average at 1.63m.

ey Really?

CELEB heights revealed!

FROM Lady Gaga and Megan Fox to Ben Stiller and Chris Hemsworth, we have the lowdown on celebrity heights of some of the biggest (and smallest!) stars.

BY ZARA BRINER

1.65m



Lupita Nyong'o: THE Mexican-Kenyan actress won her Academy Award for her stellar performance in *12 Years A Slave*, but she's not as short as she seems, measuring in at 1.65m.

1.69m



Angelina Jolie: THE *Maleficent* actress is turning heads these days for her very thin and bony frame, and stands at 1.69m tall.

1.75m



Kate Middleton: THE Duchess of Cambridge has won the hearts of many Brits with her incredible style, but no one knows that she pulls off her looks with a height of 1.75m.

1.77m



Charlize Theron: OUR golden girl has legs for days and is considered one of the tallest women in Tinseltown, standing tall at 1.77m.

Continues on page 22...

How Tall Are They Really?

1.65m



Daniel Radcliffe: **DANIEL** wouldn't have been chosen to portray **J.K. Rowling's** Harry Potter in the films were it not for his height. He measures in at 1.65m.

1.68m



Zach Galifianakis: **THE Hangover** star is one of the funniest actors in Hollywood and has an infectious personality for someone who's 1.68m.

1.70m



Ben Stiller: **BEN** has always been regarded as a short actor and for good reason too, since the *Zoolander* star is only 1.70m tall.

1.75m



Justin Bieber: **THE** Grammy winner has a height of 1.75m, which is just 2cm below the height of the average male.

1.78m



lly?



Vic Naidoo:

THE radio presenter certainly has the height to go with his exceedingly impressive persona, standing at 1.78m.

1.83m



David Beckham:

IT'S no wonder **Beckham's** skilled at bending the ball on the soccer field, because he has the height for such technique and measures in at 1.83m tall.

1.85m



Maps Maponyane:

THIS actor is smooth, sexy and has all the moves to keep us on our toes with a height of 1.85cm.

1.90m



Chris Hemsworth:

NOT only is he our favourite **Hemsworth** brother, but **Chris** is also our real life version of Roald Dahl's *Big Friendly Giant* and stands at 1.90m tall.



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HOLLYWOOD'S GREATEST TRAGEDIES

BY VANESSA PAPAS

NO matter your status, your fan base, your bank balance, or your worldly possessions, the loss of a child is one of the most painful losses imaginable.

IT goes against the natural order of life. A child is not supposed to die before their parents, yet every day young lives are cut tragically short. While it might seem like a charmed existence, even the rich and famous

aren't resistant to the excruciating heartbreak of losing a child. We take a look at celebrities who have lost a child, the different ways in which they dealt with their grief, and their advice to others on how to live with the emptiness left behind.



John Travolta And Kelly Preston

JOHN TRAVOLTA and **Kelly Preston** were devastated by the loss of their 16-year-old son Jett in 2009 while holidaying in the Bahamas. Jett was autistic and suffered from a condition called Kawasaki syndrome, which causes seizures, and died after having a seizure and hitting his head on the bathtub. "We had a very full life, my son and I, 16 years," says **Travolta**. "We did travel the world and he saw every place by the time he was that age, but you plan on a life that's a lot longer for your child and you always intend to go first, so that's the difference. Regardless of the full life we did live together, you wanted a full life for him. Everyone does – every father wants the future of their child to be a full-bodied life. After my loss I had two years of full-time help from my church. They never left my side, and I got through a time that I didn't think I was going to make it. So that's where my basic strength for moving on came from."



Travolta's advice to other parents who've lost a child? "The truth is, when Jett died I didn't know if I was going to make it. Life was no longer interesting to me, so it took a lot to get me better. That's what it takes – time. Lots and lots of time. You can never replace a child. Many said that was what we were trying to do when **Kelly** fell pregnant. Don't listen to what others say. No one can imagine what you are feeling and no one will truly understand your loss – not even you."

Eric Clapton

THIS year marks 24 years since guitarist **Eric Clapton's** son with **Lory del Santo**, **Conor**, was killed after falling from an open window of their 53rd-floor Manhattan apartment. His death, at the age of four, inspired **Clapton's** heart-wrenching song *Tears In Heaven*. "I went into shock. It felt like I shut down. I have no memory of even going to the hospital where his body was. Then I had to go to the morgue and then I had to go to the undertaker to deal with the undertakers. As I looked at his beautiful face I remember thinking, 'This isn't my son. It looks a bit like him, but he's gone'. I probably would have killed myself if I were actually a practising alcoholic at the time of his death," **Clapton** says. "Who knows what would have happened? I wouldn't be here now. I doubt I would have survived that. **Conor's** death threw me into a wobble and in the immediate aftermath of the accident, I coped by throwing myself into my work. I have a belief in a higher power, but after **Conor's** death I didn't really know what to believe anymore. And I'm always wondering whether we meet people again – on the other side."



Vince Neil

SKYLAR, daughter of **Vince Neil** – lead vocalist of heavy metal band **Mötley Crüe** – underwent six operations, plus extensive chemotherapy and radiation treatments before her death from cancer at age four in 1995. "I didn't know how to cope with her death so I started taking pills and alcohol. I wanted to die. I felt she was waiting for me, and the only place I wanted to go was to her," he says. "One night I was lying asleep in

bed with her blanket and there was a little tug on the blanket. It was **Skylar** – her spirit came back to spend time with me. The experience turned my life around. To this day I still feel guilt. I wonder why this happened to someone who never got a chance to live. I've nearly destroyed myself asking if she was being punished for something I'd done. Sometimes I think **Skylar** is still here, and I think I'm insane. But my therapist says that's normal. It's part of letting go and the healing process. If you've never gone through this, it's hard to know what you're supposed to feel. I think of **Skylar** every day. I know someday the loss won't hurt as much as it does now. But I loved **Skylar** very much, and that will never go away." **Neil** has since gone on to found the **Skylar Neil Foundation**, which raises funds and awareness for research into cancer, Aids and other diseases.





Keanu Reeves

KEANU REEVES' girlfriend, Jennifer Syme, gave birth to a stillborn daughter, Ava Archer Syme-Reeves, in 1999. Syme died in a car accident 18 months later. "Grief changes shape, but it never ends," **Reeves** says. "People have a misconception that you can deal with it and say, 'It's gone, and I'm better'. They're wrong. When the people you love are gone, you're alone. I miss being a part of their lives and them being part of mine. I wonder what the present would be like if they were here – what we might have done together. I miss all the great things that will never be. Damn it! It's not fair! It's absurd." **Reeves'** advice for other parents is to keep their eyes on the future. "All you can do is hope that grief will be transformed and, instead of feeling pain and confusion, you will be together again in memory, that there will be solace and pleasure there, not just loss. Over the years I have come to some sort of acceptance. I don't want to flee from life. I know the beauty of it but that doesn't mean that the hurt is gone. Even now it's still a struggle every day."



Other Celebs Who've Lost Children

* **PRINCE'S** son with backup singer **Mayte Garcia**, Boy Gregory, was diagnosed with Pfeiffer syndrome and died a week after his birth.



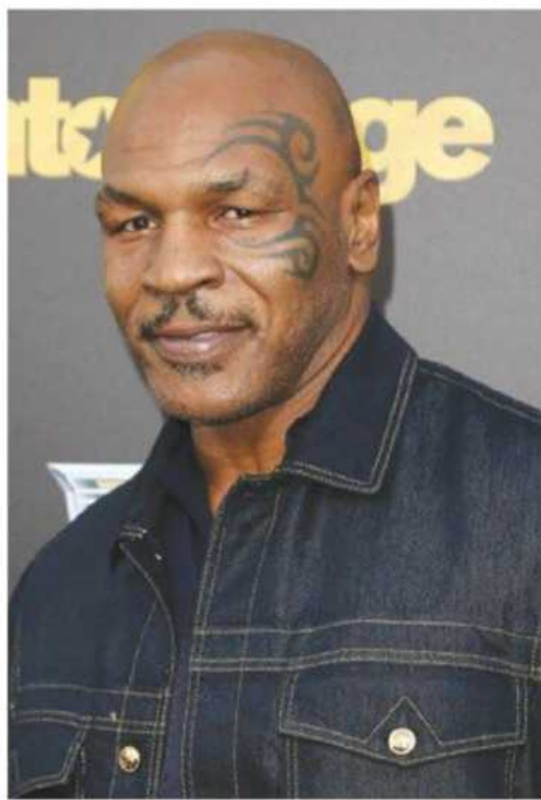
* **BILL COSBY'S** son **Ennis**, 27, was shot in the head by an assailant while changing a flat tyre by the side of the road.



* **ACTOR Sylvester Stallone's** son Sage died as a result of a heart condition that causes blockage of the arteries.



* **ACTRESS Hunter Tylo** lost her 19-year-old son **Michael** in 2007 after he suffered from a seizure and fell into the family pool and drowned.



Mike Tyson

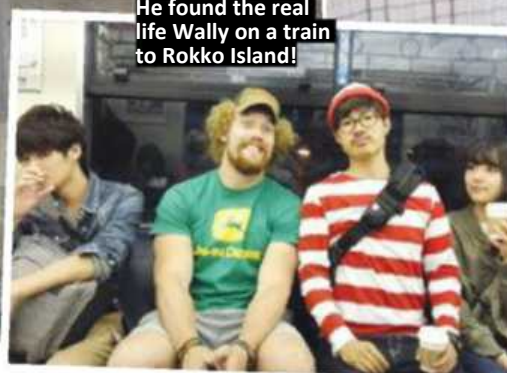
MIKE TYSON lost his four-year-old daughter Exodus in 2009 from a freak accident – when the cord to a treadmill machine became wrapped around her neck, cutting off her air supply. She was rushed to hospital but died the following day. "There are no words to describe the grief I felt – the anger, the outrage. She was my angel," he says. "When I went to the hospital when she was on the machine, I was anticipating that I'm going to go and raise hell but once I got there and saw other people who had children who had already died or were dying, they were handling it with dignity and I didn't want to be the psycho parent. I wanted to handle it with dignity as well. I was very lucky to have a strong support system. That I had great mentors. I soon realised just how important family is. They helped me through what was undoubtedly the very darkest time of my life. Her death has changed me. I will never be the same again. I don't want to be the same."



Standing in front of the entrance to Hogwarts



Willie's parents and a few of his team mates having a drink after the win against Canon Eagles



He found the real life Wally on a train to Rokko Island!



Willie and his dad biking through Tokyo



Willie with all his minions together for a photo at Universal Studios

WHERE in the world is rugby star Willie Britz?

RUGBY Player Willie Britz chats to us about some of his travel adventures. Willie, who plays for the Cheetahs whilst in South Africa, is currently playing rugby in Japan and has a passion for the outdoors.

Which country have you visited recently?

I've been staying in Japan for six months now, but before that I visited Australia.

Tell us about the trip.

Both trips were rugby trips. The whole Australia trip was amazing. Getting to see places like Manly Beach, Shelly Beach, Coogee Beach and Bondi Beach – that's definitely worth it. Unplanned pizza on the beach with a few card games, having a couple of beers and then throwing your own little party in the hotel swimming pool? Priceless!

Do you like to travel with a planned itinerary or do you prefer to explore it in your own time?

It depends on who I travel with. Whatever the other person wants to do, I'm pretty happy with.

If you were offered a trip to any destination, where would you go and why?

I'm just a sucker for nature. It is difficult to single out one place. The Glow Worm Cave in New Zealand, the Neuschwanstein Castle in Germany... They're all on my list!

What's your worst holiday experience?

This is probably going to sound stupid to most people, but I have not really had a bad holiday experience. Here is a tip, not just for travel, but to use in life as well: always see the positive in life, never get dragged down by the negatives.

What's your most memorable travel moment?

Having my parents over in Japan, visiting me for five weeks and for them to watch my rugby games live!

Most adventurous travel experience?

There was one trip while we were in Queenstown, New Zealand. Four of us decided to take a VW combi and go sightseeing, only to end up doing a 4x4 trip up a mountain side to see snow!

What do you need for the perfect holiday?

My best mates and somewhere in the wilderness.

What are your five must-have items to pack?

My Speedo, a lighter, a flashlight, a toothbrush and comfy shoes.

Who is your ultimate travel companion?

My future wife.

If you could travel with any Hollywood celebrity, who would it be and why?

Owen Wilson. I just think he has a great personality and he's crazy funny.

What's the strangest cuisine you've eaten whilst on holiday?

It has to be raw horse meat in soya sauce in Japan.

Is there a particular destination that you will never get tired of visiting?

I just love travelling around South Africa.

What has travelling taught you?

To never take anything for granted, enjoy every

second of the day and make the most of it.

Best travel advice?

Pack your backpack, make good friends, choose a destination and go.

Dream trip?

Me and my future wife waking up one day and being able just to decide where we want to go, and pack our bags and jump into the car or on a plane and go on an adventure, not worrying about technology, just us and nature.

Your favourite South African city?

It depends on who I'm with, because there are many places I love. But St Francis Bay for holiday, or any place in and around Nelspruit, is amazing.

Tell us about some of the traditions and custom that you have learnt about during your stay in Japan.

The Japanese people are super-clean people. They have lots of respect for others, and it's a really safe environment to live in.

Where to next?

I have been away from home in SA for a while now, so first thing I want to do when I get home is go to the bushveld, make a nice fire, have a good braai and sleep under the beautiful Milky Way in the veld. Or maybe I will go to Mexico.

Blame It On My *Get The Look* **Boho Soul**

BY SUZY MUKENDI

BOHEMIAN is in, with all of its free spirit.



How To Wear The Boho Trend...

How To Boho When You're Plus-Sized

- Wear print if you're plus sized to camouflage problem areas. They can be super flattering.
- A-line style is perfect for the midsection of the body as it creates a waistline.
- If you carry weight on the bottom half of your body, add print, colour, pattern and texture to the top, leaving the bottom very simple.

Pants:

R129.99 To
R149.99,
Mr Price

Top: R350,
Foschini

Heels:
R249.99, Jet

R114.50, Colette By
Colette Hayman

Necklace:
R249.50, Colette
By Colette
Hayman

Handbag: R99.99,
Mr Price

Boho For Petite Girls

- Try wearing fitted clothing or showing your legs; that way it doesn't look like the clothes are swamping you.
- Invest in nude shoes as they give the illusion of long and fierce legs.
- If you're planning to wear shorts then make sure that there aren't any rips near the hip area, as that will give the illusion of curves. Unless you want that – then go for it!

Tribal Print Top:
R549, Mango

Headband:
R199.50,
Colette By
Colette
Hayman

Sunglasses:
R249.50, Colette By
Colette Hayman

Silver Tassel
Necklace:
R249.50,
Colette By
Colette Hayman

Tribal Print
Shorts: R549,
Mango

Brown Heels:
R459, By
Footwork, Zando

WELCOME to the fashion clinic, where we will be investigating Boho fashion. By the time we're done you'll see that Boho fashion is a must and works for everyone!

How To Dress Up Boho

- If you're wearing a Boho top, throw a white blazer over it. That way you'll look smart and ladylike!
- Statement accessories are key in making your look more formal. So wear accessories or shoes that are bold and fierce.
- If you want to wear any rips or show a bit of skin on your top half, remember that less is more. Keep it subtle.

Shirt:
R699,
Mango

Handbag: R599,
Foschini

Shorts:
R899, By
Country Road,
Woolworths

Printed Top: R749,
Mango

Heels: R249.99, LeGit

How To Boho For A Date

- Pair your Boho top with a pencil skirt and you're guaranteed to flatter every figure. Go for a high-waist style which will make your waist look smaller.
- Pair your outfit with pointy-toe heels, which bring a femme fatale feel to the look.
- The quintessential date must-have is a red dress. Statistically, red is the colour that men will gravitate towards and make them flirt with you!

Necklace:
R349, Mango

Heels: R599,
Madison Shoes

Skirt: R349, By
Michelle Ludek,
Zando

Clutch: R399,
Mango

Top: R350, Foschini



Boho Access

TREAT yourself to a Bohemian rhapsody.

ONE of the most funky and quirky feminine styles is the Bohemian trend. Adding a little Bohemian flair is just the thing you need to make your outfit stand out. The look doesn't only belong at music festivals. Have a look at these accessories that will make your Boho spirit shine!



Silver And Turquoise Square Ring: R100, Zuri



Black, Silver And Gold Necklace: R399, Mango



Bangles: R299, Mango



Turquoise Earrings: R199.50, Colette By Colette Hayman



Bullet Ring: R114.50, Colette By Colette Hayman



Feather Ear Cuff: R114.50, Colette By Colette Hayman



Feather Earrings: R114.50, Colette By Colette Hayman

Accessories



Earrings:
R199,
Mango



Bangles (Set Of Three): R140,
Woolworths



Bangle:
R49.99, Mr
Price



Bangle: R199,
Mango



Feather Earrings:
R199.50,
Colette By
Colette
Hayman



Orange Earrings:
R114.50, Colette
By Colette
Hayman



Bracelets: R89.95,
Woolworths



Tassel Necklace:
R549, Mango



Bracelets: R99.95,
Woolworths



Cuff: R140,
Woolworths



Fashion Advice

CLOTHES you can't stand but can be revamped.

YOU have clothes that you feel like kicking yourself for purchasing, and they just hang in the back of your closet. They may even still have tags on them. They end up staying in your closet laughing at you, right? Well, not any more! You can revamp these pieces, and here's how:

Neon Clothing

NEONS are stunning and a great pop of colour. The easiest way to wear neon is with blue jeans, or printed neutral calm colours, and a warm scarf.

A Dress That Isn't Flattering

TURN the dress into a skirt by adding a denim or biker jacket and zip it up; or try a crop tie-up top.

Dress That's Too Short

WHENEVER you buy a dress that is too short to wear as a dress, then wear it as a top with a pair of skinny jeans. For an after-work look, wear tapered pants with the dress and top off with a colour blazer.

DO you have a fashion problem you just can't solve? Then e-mail **people's** Fashion Editor, Suzy, for all your fashion enquiries at suzym@caxton.co.za

WHETHER you're a die-hard fan of the Boho look, or not yet prepared to go full swing into it, there are a few things you need to bear in mind to make sure you get it right. One might be confused between boho chic and looking too hipster. Bohemian style is a more of a modern-day Romani look with a bit of flare thrown in. Getting it spot-on is simple – some go-to items are flowy dresses, crocheted and tasselled clothing and some neutral accessories. This week we show you how to wear the Bohemian trend – you'll be feeling fantastically free-spirited in no time.

Earrings: R50, Blossom Accessories
Necklace: R219.50, Colette By Colette Hayman
Beads (In Hair): R95, Blossom Accessories
Top: R69.99, Mr Price
Pants: R449, Parooz Fashions
Bracelets: R59.99, Jet
Hand Chain: R95, Blossom Accessories
Bag: R199, Cotton On
Rings: R499, Accessorize
Heels: R1 790, By Dumond, Europa Art

FR SPIR

FREE RITED

STYLIST: SUZY MUKENDI
PHOTOGRAPHER: TAMIKA MILLER

Tip

BOHEMIAN style is all about flowing shapes. Make sure to play with proportion and if you have a loose-fitting bottom, pair it with a form-fitting top.

Earrings: R299, Accessorize
Necklace (Set Of Three): R49.99, Mr Price
Top: R350, Parooz Fashions
Denim Shorts: R490, Parooz Fashions
Rings: R599, Accessorize
Heels: R2 290, Europa Art



Hat: R149.99, Mr Price
Earrings: R180, Lovisa
Necklace: R79.99, Jet
Chain: R39.99, Mr Price
Top: R299, The Lot
Dress: R640, I Am Woman
Bangles: R59.99, Mr Price
Rings: R499, Accessorize
Chain: R95, Blossom Accessories
Cuff: R69.99, Jet
Heels: R399.95, By Footwork, Stuttafords

Tip

EARTH tones must be your focus whenever shopping for jewellery, so think browns and greens etc.

Tip

LAYERING is key for Bohemian style. It's not only about your clothes but jewellery as well.

Earrings: R249, Accessorize
Necklace: R350, Lovisa
Beads: R80, Blossom Accessories
Rings: R190, Lovisa
Lace Top With Matching Skirt: R999, The Lot
Bangles: R180, Lovisa
Heels: R2 490, Europa Art

Head Chain: R200, Blossom
 Accessories
 Earrings: R190, Lovisa
 Gold Necklace: R59.99, Mr Price
 Pendant Chain: R90, Blossom
 Accessories
 Top: R350, Me & You Clothing
 Pants: R520, I Am Woman
 Cuff: R39.99, Mr Price
 Bangles: R59.99, Jet
 Rings: R169.50, Colette By Colette
 Hayman
 Bag: R99.99, Mr Price
 Heels: R1 990, By Dumond, Europa
 Art

Tip

GO for pretty jewellery with small details on them.



HAIRline

STYLING: THE LOT: (011) 880-1603 / BLOSSOM ACCESSORIES: 072 432 8077 / I AM WOMAN: INFO@IAM.CO.ZA / COTTON ON: (011) 784-0214 / PAROZ FASHIONS: (011) 403-2035 / ME& YOU CLOTHING: 074 1300883 / EUROPA ART: (011) 883-5354 / STUTTA FORDS: (011) 783-5212 / ACCESSORIZE: (011) 615-7755 / LOVISA: (011) 431-3610 / COLETTE BY COLETTE HAYMAN: 087 808 0080 / JET: (011) 685-7000 / MR PRICE: 0800 212 535 / CREDITS: MAKE-UP DONE BY: CARLI PRINSILOO - (011) 889-0738 / HAIR DONE BY: THELMA FROM HAIRLINE HAIR SALON - (011) 452-1852 / FASHION ASSISTANT: DENAAL FLORENCE / MODEL: DEMI NEL-PIETERS FROM BOSS MODELS: (011) 646-7474

Water Works

BY CARLI PRINSLOO

CLEANSE and refresh in one swipe.

MICELLAR water has long been a main source for effective cleansing and make-up removal, but does it ring a bell? We're guessing no. Chances are you haven't heard of it... Yet. A go-to source for make-up artists at photoshoots, and models, the miracle water gets rid of debris – without actually using water!

What makes it special?

THE solution, contrary to what you might think, doesn't feel oily. It isn't made of a foaming solution that contains soaps or harsh chemicals to grind away dirt and make-up. Rather, micellar water comprises small molecules that grab on to all of the unwanted particles clinging to your face and dissolve them.

Who should use it?

IF, even after an extensive nighttime routine of make-up remover, cleanser, exfoliator and toner, your skin still feels dirty, micellar water is for you. It's designed to be swept away with a completely clean cotton pad, so it doesn't just smear make-up around the face like face wipes can do. Unlike toner, the solution doesn't contain alcohol and doesn't sting or burn, meaning you can use it all over the face, from forehead to chin.

Why do you need to buy it?

- * IT'S suitable for all skin types, including sensitive skin.
- * IT removes make-up in one easy swipe.
- * It cleanses, refreshes and hydrates in one step.



**Sensibio H₂O Micellar
Cleansing Water (250ml):
R159.95, Bioderma**

**Micellar Cleansing
Water: R89.95,
Garnier**



**Anti-Ageing
Micellar Solution:
R400, Filorga**



**Soothing Micellar Water
2-In-1: R110, By Yves
Rocher, Woolworths**

Win With Fave4



Sarah Hyland



Jennifer Lopez



Emma Watson



**Shailene
Woodley**

FAVE4 is a wonderful new range of hair sprays designed specifically for braids. Give hair a subtle grip so your style won't slip. It's the ultimate spray for messy, sexy texturised hold. Unique properties allow conditioning of the hair, while enhancing long-lasting style, resisting humidity and adding a hint of shine. Fave4 hair sprays retail for R345 each and are available from professional hair salons nationally. For more information including tutorials and the latest tips, tricks and hair trends, follow Fave4 on Facebook and visit the website: www.fave4.com. For enquiries call Millennium Hair (031) 564-4247. Two lucky readers will each win a Fave4 hamper valued at R1 500. To enter simply sms the word 'Fave4' followed by your name, surname and postal address to 48408. Ssms cost R1.50. Free smses do not apply. Closing date for entries December 7, 2015. Ts and Cs apply.

www.peoplemagazine.co.za

Dreamin' *Bohemian*

DEFINING Boho chic.

SUMMER is all about easy breezy make-up. No frills, no fuss, just a laid-back glow that you can take from day to night. Bohemian style combines an undone effortlessness with a little bit of wild-child chic. If you are aching to embrace a Bohemian face, look to these make-up basics – a dewy complexion, nude lip and slightly shimmery eyes.

Glowing Glory

ADD warmth to your skin by applying a matte bronzer to the apples of the cheeks, around the temples and on the forehead and chin. Keep the application light by using a large, fluffy brush. The bronzer will act as a subtle blush and give a warm, free-spirit glow. Apply a cream highlighter with a slight shimmer to your cheekbones using your ring finger for a healthy brightness.

1. Bold Metals Arched Powder Brush: R399.95, Real Techniques

2. Bronzing Facial Moisturiser: R69.95, Caribbean Tan

Perfect Palette

APPLY a nude shimmery eye shadow evenly across your eyelids with an eyeshadow brush. Use a shadow with a very fine shimmer to avoid a glittery effect. Sweep a brown shadow in the outer corner of the eyes and line the bottom lid with the same shadow. Blend this with a cotton swab to soften the line. Apply a coat of mascara to your top and bottom lashes, adding a second coat to the top outer lashes for a wide-eyed look. Finish off with the cream highlighter just underneath your brows and on the inner corner of each eye.

3. Volume Glamour Push Up Mascara: R134.95, By Bourjois, Clicks

4. Absolute Nude Shadow Palette: R89.95, Catrice

5. Soo Glow! Cream To Powder Highlighter: R53.93, Essence

Non-Stop Gloss

SINCE the look has a strong, shimmery eye and a bronzed glow, keep lips as simple as possible. Line them with a nude pencil, and then fill in with a light peach or pink hue that has a hint of shine.

6. Conditioning Lip Colour In Pink: R268, Juice Beauty

7. Colorstay Lip Liner In Sienna: R169, Revlon



Braids

Beautiful Braids

OUR go-to hairstylist, Thelma de Klerk from Hairline, gives us her step-by-step guide on how to create the perfect braid to go with your Boho-inspired make-up.

1. Blow-wave your hair smooth section by section and flat-iron to add a polished shine.
2. Section hair in a middle path, take 1cm from both sides – now you will have a section at the top that's 2cm wide.
3. Begin your three-strand braid exactly like you would do a French braid, even though it's a smaller section to work with. Braid all the way towards the crown and secure with an elastic band.
4. Take another section from the left or right, from your temple to the crown and create another three-strand braid.
5. Repeat on the opposite side.
6. You end up with three loose braids that you can clip and tuck away underneath the rest of the hair to hide elastic bands.

These Girls Do Braids Right!



Vanessa Hudgens



Sofia Richie



Jessie J

Make Your Hair Fabuloso!

FABULOSO is a colour-enhancing conditioner that provides instant hair colour combined with a nourishing treatment to condition, repair, add shine, instantly tone and intensify. It gives dull, dry, colour-treated hair an instant pick-me-up.

- No ammonia. No peroxide. It's gentle on the hair and scalp.
- It maintains and extends the colour life of colour-treated hair.
- You get results in three minutes.
- It reduces frizz for brilliant shine.
- It restores and maintains moisture balance.
- It softens, nourishes and detangles without weighing hair down.



Forces Of Nature

BE inspired by nature.

THIS week we go into the woods to scour for scents and colours that take us back to nature.

All too often the little tree air freshener hanging from the rear-view mirror is the closest we get to the great outdoors. Everyone needs a dose of these nature-inspired products. These treats will give your beauty routine a breath of fresh air and help you make it through to the weekend.

Essential
Moisturising Face
Essence: R194,
Theranaka

Flor Eau De Parfum
(100ml): R995, Oscar De
La Renta

Argan Oil: R229.95, By
Physician's Formula,
Dis-Chem

Argan Oil & Shea
Butter: R179.95,
By Organix,
Foschini

Lipstick In Rosy Plum:
R79.95, By Paladio,
Dis-Chem

Moroccan
Spice
Shower
Gel:
R29.99,
Satisfiskin

Nail Polish In Bean
There, Done That:
R60, Ice Box Colors

Color Icon
Eye Shadow
In I'm Getting
Sunburned:
R30.95, By Wet 'N
Wild, Clicks

Pomegranate
Hand And Body
Sorbet: R220,
LCN

Celeb Fitness

FOLLOW your favourite celebs' exercise routines and look and feel as good as they do!

TV personality, author, lifestyle and fitness expert **Lisa Raleigh** will help you achieve your desired celebrity body.



BY LISA RALEIGH

TONED LEGS POST-BABY Like Molly

MOLLY SIMS was no stranger to the catwalk in her days before kids, and the model mom can still rock a runway post-baby, thanks to clean living and regular exercise.

✧ **Treat Fitness Like A Job:** The mom-of-two often gets to bed late and can't stand the thought of an early morning gym session, but she still honours the commitment. **Molly** cites treating fitness as a job as a sure-fire way to stick to the schedule even when the going gets tough.

✧ **Shake It Up:** The actress gets bored easily and needs to vary her workouts frequently to stay motivated. Spinning, fitness classes and hot yoga are top of her list, as well as Pilates and strength training.

✧ **Follow A Calendar:** **Molly** prefers a physical calendar stuck up on the wall to tick off her fitness

sessions, versus a digital one. She says that keeping visual track of how many sessions you do a week can help keep you motivated and accountable.

✧ **Get A Buddy:** **Molly** trains with friends wherever possible. This not only keeps her accountable, but it makes the session more enjoyable as well.

✧ **Use A Baby Weight:** **Molly** seizes any opportunity for fitness – and that includes using her baby as a dumbbell! She often incorporates her toddler into her workouts, adding resistance to regular moves like squats and lunges. This is a great opportunity for stay-at-home moms to keep fit while still keeping an eye on baby.

INCLUDE these three 'anywhere moves' into your day to train in the office like **Molly**:



1

Plié Squat

HOLD your baby tight to your chest, with feet wide apart and toes turned out. Sink down into a squat with knees bent to 90 degrees. Pause for a moment then rise back up. You can also face your baby and hold him out or up as you move to keep him entertained. Aim for three sets of 10 – 15 reps.



Bridge

LIE on your back with knees bent and baby on your lower belly. Keeping your knees in place and holding baby tight, rise up to form a straight line from your neck to your knees. Pause for a moment then lower back down, not quite touching the floor between reps. Aim for three sets of 10 – 15 reps.



3



2

Lunge

STAND with your baby held out in front of you and feet together. Take a big step forward and sink down until your front knee is bent to 90 degrees. Pause for a moment then rise back up to your starting position. Aim for three sets of 10 – 15 reps with both legs.

Why You Should Exercise Daily

YOU'VE heard it before, and we're telling you again — **daily exercise is very important.** We don't expect you to hit the gym every day, but training in some way — be it a 20-minute walk or some swimming at home — needs to be included in your daily life. And if you're not convinced, here are 14 reasons to help you get motivated.

1. Exercise provides a natural high.
2. You'll have better sex if you work out.
3. Physical activity reduces PMS symptoms.
4. Exercise improves cognitive function and memory.
5. Exercise is a natural antidepressant.
6. Being fit will boost your confidence.
7. Exercising regularly will make you feel more energetic.
8. An exercise regimen will help you sleep better.
9. Exercise relieves stress.
10. It will help you tap into your creativity.
11. Your heart will thank you, because exercise helps dramatically reduce heart-related diseases, strengthens your heart, and can help decrease the risk of having a heart attack.
12. You'll look and feel younger.
13. It strengthens muscles and bones.
14. You'll feel happier!

10 Reasons To Lift Weights

WE share some great reasons to start weight training, courtesy of mindbodygreen.com. Personal trainer Erin Oprea tells us why:

1. Muscle takes up less space in your body than fat.
2. You don't need a gym to lift weights.
3. Strength builds balance.
4. Muscle strength allows you to do more.
5. Muscle uses more energy than fat.
6. Lifting weights lowers your stress levels.
7. Lifting can double as a cardio session.
8. You'll sleep better.
9. Your bones will become stronger.
10. It is the ultimate healthy habit.

Get Fitness Ready



Sports Bra:
R179, By
Triumph,
Zando

Sneakers:
R239.99,
Mr Price

Leggings:
R549, By
Country
Road,
Woolworths

STOCKISTS: WOOLWORTHS: (011) 290-1011 / ZANDO: 0861 192 636 / MR PRICE: 0800 212 535

LOSING your workout mojo? Here's a bit of inspiration to keep you going.

Lea's Favourite Workouts



LEA MICHELE is looking better than ever — and she's revealed her favourite workouts. The *Glee* star's amazing body, say sources, isn't a result of calorie counting but of continuous activity and a positive mindset.

✳ **On Being Outdoors:** "I'm really close [to] **Becca [Tobin]**, who was on *Glee* with me, and we go hiking all the time," she says. "I hike on trails about four times a week; I love being outside."

✳ **On Yoga:** "I go back and forth between hiking and hot yoga. Hot yoga is my absolute favourite. I started in New York doing bikram yoga with **Jonathan Groff** and now I love the studios out here and I do it all the time. I'm really obsessed."

✳ **On Maintaining Balance:** "When I get stressed, I think that, for me, I just live a very active life. No matter what, if I can just go for a nice hike, or if I can have a little glass of wine, or eat good food, that always is my best medicine."

✳ **On Pilates:** "**Emma Roberts** introduced me to Pilates in New Orleans," she says. While filming *Scream Queens*, the co-stars attended classes multiple times a week, switching up sessions on the Cadillac or reformer machines with floor-based workouts using BOSU balls or TRX straps.

✳ **On Good Eating:** Lea has always had a healthy perspective on food and never relied on it as a stress soother, say sources, who add that she doesn't follow a strict diet, either. Whether she's keeping vegan (at home), vegetarian (often on the road), or neither (if she can get hold of responsibly raised meat), Lea focuses on quality ingredients, especially when she's dabbling in her two biggest vices: wine and cheese. "I love eating, but I eat what fuels me," she says adding, "And if it's not gonna fuel me, then it'll fuel my soul — like pizza."

WE continue looking at issues around morning sickness.

Possible Complications Of Morning Sickness

LAST week we covered some causes and symptoms of morning sickness. This week we share some possible complications of morning sickness. While usually not severe enough to hinder foetal growth and development, some pregnant women experience severe vomiting and weight loss because of the nausea. Experts suggest you call your doctor immediately if you experience:

- * An inability to keep food down
- * Weight loss of 0.9kg or more
- * Fever
- * Severe nausea within the second trimester
- * Blood in your vomit
- * Frequent headaches
- * Abdominal pain

TIP DO not take any medications on your own without first talking to your doctor. Certain medications, supplements, or herbs may cause harm to your developing baby.

Did You Know?

SEVERE bouts of morning sickness generally require hospitalisation. Hyperemesis gravidarum — persistent vomiting leading to weight loss and dehydration, as a condition occurring during pregnancy — often requires intravenous fluids. In addition, your doctor may also prescribe certain supplements or medications to alleviate nausea.

Health News

BY ANGELA BEKIARIS

Oats For Breakfast

ACCORDING to experts, oats is one of the best foods to eat for breakfast if you're trying to lose weight. It boosts your energy and has plenty of fibre to keep you full and satisfied. According to All4Women.co.za, oatmeal breaks down slowly in the stomach, giving you long-lasting energy, plus it's full of water-soluble fibres, which play a crucial role in making you feel full over a longer period of time. The site also shares some fabulous health benefits of oats, such as reducing cholesterol, maintaining blood sugar levels and fighting against heart disease, diabetes, colon cancer and obesity.



8 Benefits Of Drinking Tea

- 1. Lowers Cholesterol:** Green tea has been found to help lower cholesterol, both total serum cholesterol and LDL. According to mindbodygreen.com, most sources suggest five cups per day will provide results, but multiple studies have shown that higher consumption leads to the biggest drop in cholesterol.
- 2. Blindness Prevention:** Tea contains high levels of antioxidants and drinking it can help to prevent the blindness caused by cataracts (the clouding of the lens inside the eye), says a study.
- 3. Reduced Cortisol Levels:** Cortisol is the stress hormone that contributes to belly fat and makes your skin age quicker. One recent study suggested four cups of tea per day may make your cortisol levels spike less.
- 4. Anti-Inflammatory:** Active compounds in tea can help to lower levels of inflammation and inflammatory reactions, say experts.
- 5. Increased Memory, Focus And Concentration:** Extensive research has shown that the combination of caffeine and L-Theanine, a naturally-occurring amino acid found in tea, improves reaction time and memory, while increasing focus and concentration.
- 6. Anti-Allergen:** According to a 2007 Japanese study, the tea polyphenol, EGCG, may be helpful for reducing pollen allergies.
- 7. Decreased Risk Of Stroke:** Drinking at least three cups of green or black tea per day results in a 21 percent reduction in the risk of ischemic stroke, according to a 2009 meta-study.
- 8. Reduced Risk Of Dementia:** Experts suggest you drink tea to stay sharp, even as you age — it is thought to lower the risk of dementia by acting through multiple pathways, including those of nerve synapses and blood sugar regulation.

Did You Know?

A STUDY found that those who ate oats porridge daily for six weeks had a greater decrease in cholesterol level and waist size than those who ate the same amount of carbs in noodles over the same time period.



Did You Know?

EATING breakfast raises your metabolism by 10 percent.



Courtesy of www.all4women.co.za and www.mindbodygreen.com

IF your lifestyle has got you down, relaxation can bring you back into balance.

Relaxation Techniques To Try Out

TAKE some time out. All4women.co.za shares some quick relaxation techniques for you to try:

* **Stretching:** Stretch your muscles so that you can loosen the stiffness in your body and also get the blood flowing properly. Stretch your arms above your head, your legs if you are sitting and your neck to the side and then up and down.

* **Visualisation:** Close your eyes and

picture your happy place while breathing slowly through your nose.

* **Focused Breathing:** Focus on your breathing as you inhale through your nose and when breathing out think positive thoughts.

* **Deep Breathing:** Breathe in through your nose all the way so that you feel the air filling the bottom of your lungs, then continue to breathe all the way to your stomach. Exhale slowly through your nose while you relax the muscles in your body.

Stress Tips From Celebrities

WE all suffer from stress at some stage in our lives — even our seemingly perfect Hollywood stars. There's no denying we all have it and the fact is we all deal with it in our own way. Here are some tips from the stars themselves...

* **Lena Dunham Meditates:** "I think that for me what meditation does at the most base level is bring me back to zero and remind me of my most natural state and sorts my value in the world. It allows me to balance and know that I'm headed to a space that's mine."

* **Demi Lovato Finds A Balance:** "To stay strong and healthy in the midst of the craziness, it's really important to me to try to find a balance between work and personal time. I love what I do so much that sometimes it's tough to tell the difference."

* **Christina Ricci Goofs Around:** "I put on music and dance with my dogs, which is quite embarrassing, and I try not to get caught by anybody."

* **Kate Winslet Keeps Things Under Control:** "I plan everything in advance: Who's dropping off [the kids], who's picking up. We have charts, maps, and lists on the fridge, all over the house. I sometimes feel like I'm with the CIA."

* **Madonna Lets It All Out:** "Actually, I scream a lot... I guess sometimes I handle things well, sometimes I don't."

Exercise Helps Anxious Kourtney

KOURTNEY KARDASHIAN is looking amazing these days. With a split from long-time boyfriend/baby daddy Scott Disick in the works and having to deal with three children on her own, she still finds time to work out — in fact, it inspires her each and every day. "Working out is one of the only things that helps when I'm feeling anxious," she recently posted online. Did you know that in addition to looking great, exercise helps release stress and boost endorphins, meaning you're often only one workout away from a good mood? So next time you're feeling anxious, stressed or just have the case of the blues, go for a walk, stretch with yoga poses or hit the treadmill or an aerobics class to raise your heart rate and sweat away stress.



Being Lonely Vs Being Alone

ACCORDING to thoughtcatalog.com, loneliness is the isolation that comes with nursing a feeling unreturned; an expectation unmet. 'Aloneness' is finding freedom in this very same isolation — it's the strange state of bliss that comes with being truly content in your own company.



PHOTO: GETTY IMAGES



DEAR DOC,

I REALLY want to lose weight and people have told me to do the Banting diet, but then other people say it's bad for you and you will pick up more weight. So I'm very confused, I'm not sure what to do? Any advice?

Weight Watcher

DEAR WEIGHT WATCHER,

LOW carbohydrate diets (like the Banting diet) have become extremely popular. As a food group, carbohydrates aren't fundamentally evil. But they tend to form the bulk of our diet. Carbs are a great source of energy. This also means it's easy to overload on calories. Banting does work. The patients who I've seen do well on the Banting diet are those with a family history of diabetes (or have diabetes themselves) or who are prone to weight gain in the tummy area rather than the buttocks. This is simply my experience rather than fact. One criticism of the low-carbohydrate, high-protein diets has been the lack of food choices and the resulting difficulty that some people have staying within the limited choices over the long term. This is probably the reason for the weight gain after losing weight on the diet. Banting is not the only diet option. Try and look at how you are willing to change your eating habits in the long-term rather than just for losing weight in the next few months. Choose a diet plan you can actually stick to for years rather than just until you've lost the weight. I do recommend seeing a registered dietician for help.



PICS: FOTOLIA

DEAR DOC,

I NEED help in finding out about the possibility of having my tubes untied. I've remarried and my husband has no children of his own. I really want for us to have a baby, but I don't know who to get specialist help from.

Slipknot

DEAR SLIPKNOT,

AN obstetrician/gynaecologist would be the specialist who can assist you. In general your gynae will refer you to someone who specialises in the procedure if they themselves have limited experience. Having your 'tubes tied' (also known as tubal ligation) is a form of permanent contraception. It is the

most successful form of contraception but, unfortunately, is very difficult to reverse. Tying off the Fallopian tubes prevents the eggs from the ovaries from reaching the uterus. It doesn't, however, stop the ovaries from producing eggs or mess with your hormones.

Reversal depends on the exact method which was used to tie your tubes. Some forms are more difficult than others to reverse. The doctor (with you under anaesthetic) cuts open the skin on the tummy and surgically cuts and re-stitches your Fallopian tubes. Generally only one side will be done. Overall the success rate is anywhere from 40 to 85 percent. The tubes can heal with too much scarring to allow any eggs to pass through, making the surgery unsuccessful.

Dr Karen Koch, a general practitioner, answers your health questions.



DEAR DOC,

I HAVE very dark underarms and I have tried everything from even-tone creams to bio oil and nothing helps. I am embarrassed to wear strap tops in summer because of my underarms. Please help.

The Pits

DEAR THE PITS,

IT sounds like an unpleasant issue! There are several factors that can lead to skin darkening under the arms. It can be some kind of allergy or irritation from products you have used previously in the area. Deodorants and depilatory creams are the most common culprits. Even if the area isn't itchy or painful those dark marks can take up to two years for the colour to turn back to normal. But it will do as long as the irritation has stopped. A condition called acanthosis nigricans can also affect the area under the arms. This can also affect the back of the neck. Acanthosis nigricans has a slightly velvety texture. It can be familial (run in families) but could be a sign that you are developing pre-diabetes. It requires a trip to your doctor (preferably a dermatologist) to check. In the meantime take steps to reduce irritation to the area. That means avoiding regular soap and shaving creams. Please don't use any skin lighteners without your doctor's advice.



Most centres will request to test your husband's sperm before doing the surgery. It's not worth your doing it if there's a very low chance of you falling pregnant anyway.

In vitro fertilisation, using your eggs and husband's sperm, is also an option (but very expensive). You would still have a normal pregnancy, but once again there is limited success and complications may arise. Do make sure you talk the options over carefully with your husband. There's no guarantee that any of these options will work. It's important to strengthen your relationship without necessarily having a child. If necessary, speak to a counsellor or psychologist to help you work through these issues.

PREPARE for a feast of bizarre facts, shattering real life accounts from survivors, scandalous allegations and harrowing fatal flaws as we piece together week by week the mysterious puzzle behind one of history's most talked-about tragedies – the unsinkable Titanic. BY VANESSA PAPAS

THE BABY OF TITANIC

THERE are many remarkable tales of survival in history but the story of Millvina Dean – Titanic's youngest passenger and oldest survivor – still captures the imagination of the world.

MILLVINA DEAN was just nine weeks old when she was wrapped in a sack and lowered into a lifeboat bobbing on the frigid North Atlantic. She never got a chance to get to know her father, who died when Titanic sank, but she did get the opportunity to live a long and full life. Being among the 705 survivors Millvina was not only the youngest to escape a watery grave, but also became one of the oldest living survivors of the tragedy.

Born Elizabeth Gladys Dean in Branscombe, England, on February 2, 1912, Millvina (who was always known as Millvina) and her older brother Bertram Jr grew up in a middle class working

family. When she was just two months old her parents Bertram and Georgetta (nicknamed Eva), who at the time owned a bar, decided to leave England and emigrate to Wichita, Kansas. Her father had family and friends there and he was hoping to open a tobacco shop. They were not supposed to be aboard Titanic, but due to a coal strike they were transferred onto it and boarded it as Third-Class passengers at Southampton, England.

"My father had heard from relations telling him how much more opportunity there was in America so he started putting plans in place to go there," said Millvina in her last interview before she died. "We weren't going to go on Titanic but on another White Star liner, the Adriatic. When my father was given the option to travel on the much-heralded luxury liner instead, he was very happy and agreed. On the night Titanic sank my parents heard a horrific noise. It was late. My brother, who was a few weeks short of his second birthday, and I were asleep in bed in our cabin when my father went up to the deck to see what had happened. They told him the ship had hit an iceberg. A lot of people thought the ship wouldn't sink and so they didn't bother and stayed in their rooms but my father was a clever man and he knew it was going to go down."

That night the family's dream of starting a new life in America came to a tragic end. While Millvina, her brother Bertram and her mother Eva escaped into a lifeboat, her father was left behind and was among those who drowned when the giant ship finally went down in the early hours of the next day. "My mother and I were placed in Lifeboat 10, but my brother was being held by another passenger and boarded a different lifeboat. We were among the first Third-Class passengers to escape. After our boat drifted in the water for some time, we were



Millvina Dean

Millvina with her mother Georgette and brother Bertram Jr

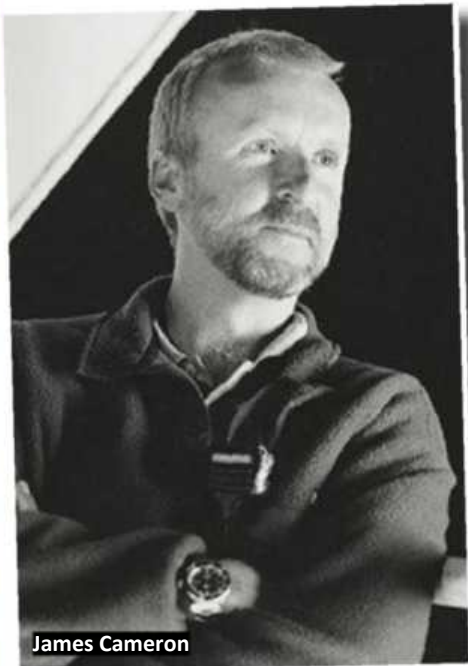


The nine-weeks-old Millvina with her mother



Millvina never got to know her father, Bertram

rescued and taken aboard the *Carpathia*," she said. "It was not until I was eight years old, and my mother was planning to remarry, that I found out I had been a passenger on *Titanic*. Although I have no memories of the disaster, I've always believed it shaped my life, because I should have grown up in the United States instead of returning to Britain. I didn't even know what my father looked like until I saw photos of him just a few years ago. To this day his body has never been found. I still think about what happened to him in his final moments. I wonder if he jumped off the ship, or if he went down with it." At first, Millvina's mother wanted to continue on to the United States to fulfill her husband's wish of a new life, but she decided to return



James Cameron

to England aboard the *Adriatic* instead. Millvina and her brother grew up in England and were raised mostly on pension funds. During the Second World War, she worked as a civil servant drawing maps, and later joined the purchasing department of an engineering firm in Southampton. She worked there as a secretary until her retirement in 1972. For most of her life Millvina had no contact with *Titanic* enthusiasts and seldom spoke about the disaster.

"About a year and a half after the wreck was discovered they discovered me," she explained. "Until the wreckage of *Titanic* was found in 1985, nobody was interested in me. Who expects to become famous at that age? My phone rang off the hook with interview requests. I spoke to almost every radio station in England. That's when it began and it hasn't ended!" Millvina, who was in her 70s, started becoming involved in *Titanic*-related events. Over the years, she participated in numerous conventions, exhibitions, documentaries, and television and radio interviews. In 1998 she

travelled to the United States to participate in a *Titanic* convention in Springfield, Massachusetts, and another in 1999 in Montreal. She had also been scheduled to appear at a commemoration of the 94th anniversary of the sinking in 2006, but a broken hip prevented her appearance. She also appeared in the History Channel special *Titanic's Final Moments: Missing Pieces*. In October 2007, Millvina became the last *Titanic* survivor, following the death of Barbara Joyce West, who died at age 96 in England. The last American survivor, Lillian Asplund, had died aged 99 in 2006.

"Children still ask me all the time about *Titanic*. I think it has become a piece of history, particularly because people said it was unsinkable and it was so luxurious. It is still a romantic enigma after all these years, but I still love the sea," she said.

In her old age, Millvina suffered a number of health setbacks. The week before she died she had been in hospital with pneumonia. Her death came just a month after **Leonardo DiCaprio** and **Kate Winslet**, stars of the Hollywood blockbuster about the disaster, stepped in to help pay her nursing home fees. The pair joined with **James Cameron**, the director of the Oscar-winning film, to donate R420 000 to The Millvina Fund. In the last year she had to sell some of her family's possessions at auction to pay for her stay in the nursing home. Items included a suitcase filled with clothes given to her family when they arrived in America, and compensation letters sent to her mother from *Titanic* Relief Fund. The mementoes sold at auction were returned to her by the buyer. Ninty-seven-year-old Millvina died of pneumonia on the morning of May 31, 2009, 97 years and seven weeks after *Titanic* sailed. During her life she never married and never had children.



Kate Winslet



Leonardo DiCaprio

She was cremated on October 24, 2009, and her ashes were scattered from a launch at the docks in Southampton where *Titanic* set sail.

THE *Titanic* Artifact Exhibition is being held in Cape Town at the V&A Waterfront from November 22 until March, 2016. The Exhibition puts on display authentic exhibits recovered from the wreck of the famous ship. Join us at this awesome exhibition and feel an authentic *Titanic* experience! Kids under four get in for free.

people

Has Heart

BY VANESSA PAPAS

EVERY week we bring you heartwarming stories of ordinary people dealing with extraordinary circumstances, and offer readers the chance to help them by paying it forward.

IT was Nelson Mandela who once said, "It always seems impossible, until it is done." His words have become a mantra of sorts for a group of young, determined and, above all, talented students with big dreams and not-so-big wallets.

Through hard work and dedication, Get U.S. There is an independent student initiative run by a group of lively Joburgers from various backgrounds. What makes these youngsters so remarkable – aside from their shared burning passion for the arts – is that they're trying to raise money to attend a film and acting school in New York, 'paying it forward' in the process!

Looking at the resumés of each student, it's not hard to imagine their names lit in lights one day. Koketso Mothlabane, 26, is part-time video editor and works at JC Arts Centre as an intern. Jess Myhill, 19, has just completed her internship at a production company. Karabo Mohole, 19, is currently being sponsored to do a one-year course in acting and television production at AFDA. Niki Landela, 29, works in edutainment for children and is currently starring in a film for Kyknet. Tamarin Gerriety, 30, is a freelance producer and video editor working chiefly in advertising – she is currently working on her first documentary. Corne' Crous, 26, is an actress in local soap opera *7de Laan* and the vocalist for a cover band called Paper Plane City. And Andrew McGarrity, 30, is a graphic design room manager but is a camera assistant on set during his spare time. Each student has individually auditioned for film acting, filmmaking or musical theatre hoping to receive acceptance to the New York Film Academy, a prestigious international film school that has produced world-class actors and filmmakers. If their dream were

'Help Us Get There'

WHEN it comes to talent they have oodles of it. When it comes to cash flow to show that talent to the world, they need a little extra help!

to come true, not only will they be given the amazing opportunity to experience and embrace the absolute genius that is Hollywood film, under notable guest lecturers such as the great Steven Spielberg, Al Pacino, Ben Stiller and Kevin Spacey, but they will be able to return to South Africa and plough this knowledge back into our local film industry. Although most students have received a partial scholarship to study in the Big Apple, they still need to raise funds for the remaining tuition fee, accommodation, travel expenses, visas and study material. Living expenses in New York are extremely high and as such they've been rallying hard to raise funds. "The fundraising model we subscribe to is 'pay it forward'," says

Tamarin Gerriety, chairperson and head of marketing for Get U.S. There. "We frequently do outreaches and just get involved as much as possible to help out those who could use it. Our marketing department films all the outreaches, with the organisation's approval, to help the organisations they volunteer at with marketing content they could not otherwise afford. The outpouring of thanks from the different NGOs has been astounding and we have realised what a huge impact our contribution is having."

In a nutshell, Get U.S. There donates their time and effort to whatever pressing need any corporation, organisation, charity, NPO or individual may have. In the process, they will create a short film about their time with you, and use this to further raise awareness for both their campaign and yours. "We reach out to anyone willing to sponsor our cause and help us reach our dream – support us as we support others," adds Tamarin. "Help us pay it forward. We appeal to the national and international community to aid us in our endeavour."

Tamarin says the group is already working with a number of different charities. "We're especially proud and excited to be associated with Read To Rise, a non-profit organisation committed to



promoting youth literacy in schools in South Africa's under-resourced communities. As the name indicates, the organisation firmly believes that children need to read in order to rise in their personal development and contribution to society. Children who love reading, excel at school and go on to become constructive members of society," says Tamarin. "It all starts with reading and that's why Read To Rise's focus is mainly on Grade Two learners. To date, Read To Rise placed high quality books in the hands of over 12 000 learners in Mitchells Plain and Soweto."

Get U.S. There also supports other charities on an ongoing basis including The Sweethearts Foundation (www.facebook.com/sweetheartsfoundation), Green Beings (www.facebook.com/greenbeingssa) and Better SA (www.bettersa.org).



Koketso Mothlabane



Karabo Mohole



Tamarin Gerriety



Niki Landela

PAY IT FORWARD

NO donation is too small. Put Get U.S. There to the challenge. For more information log onto Crowdfunding Campaign: www.backabuddy.co.za/help-get-us-there, www.getusthere.wix.com/2016, www.facebook.com/getustheregroup or e-mail production.getusthere@gmail.com.





Alice



people

GALLO IMAGES

Eve



G-Eazy

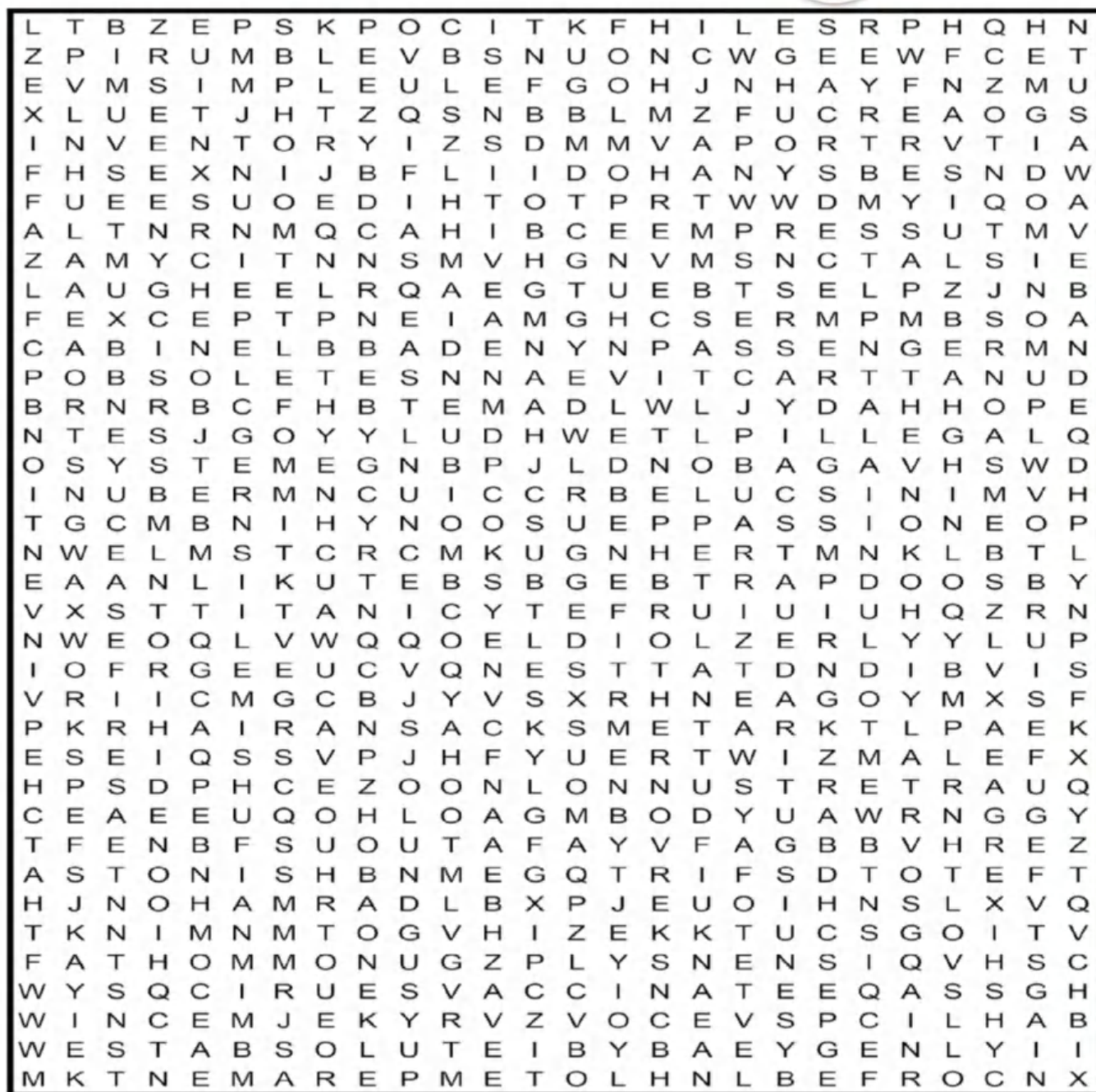


people

GREATSTOCK

GIANT

WORDSEARCH NO. 340



Can you find the listed words in the box of letters? They may read horizontally, vertically and diagonally, either forwards or backwards, but always in straight lines.

ABOLISH
ABSOLUTE
AFFIX
ASHEN
ASTONISH
BENEFIT
BRAZEN
BROTHER
BRUISE
BRUNCH
CABIN
CEASEFIRE
CENTURY
CONSTRUCTION
CONTENTMENT
DABBLE
DAGGER

DOMINO
DOORMAN
ELVES
EMPRESS
EMPTY
EXCEPT
EXERCISE
FAMILIAR
FATHOM
FATUOUS
FIASCO
GAIN
GALLON
GATEKEEPER
GENTLE
GHOSTBUSTERS
HEARSE

HENCE
HIDE
HIDEOUS
HOPE
ILLEGAL
INVENTION
INVENTORY
JINX
JUNGLE
LATEX
LAUGH
MAID
MAYHEM
MINISCULE
MINK
MOPE
MOVEMENT

MUNCH
NAPE
NEITHER
OBSOLETE
OBVIOUS
OCTAVE
OFFICIAL
PASSENGER
PASSION
PENCIL
PETULANT
PRESENT
QUALMS
QUARTER
RANSACK
REEF
RUGGED

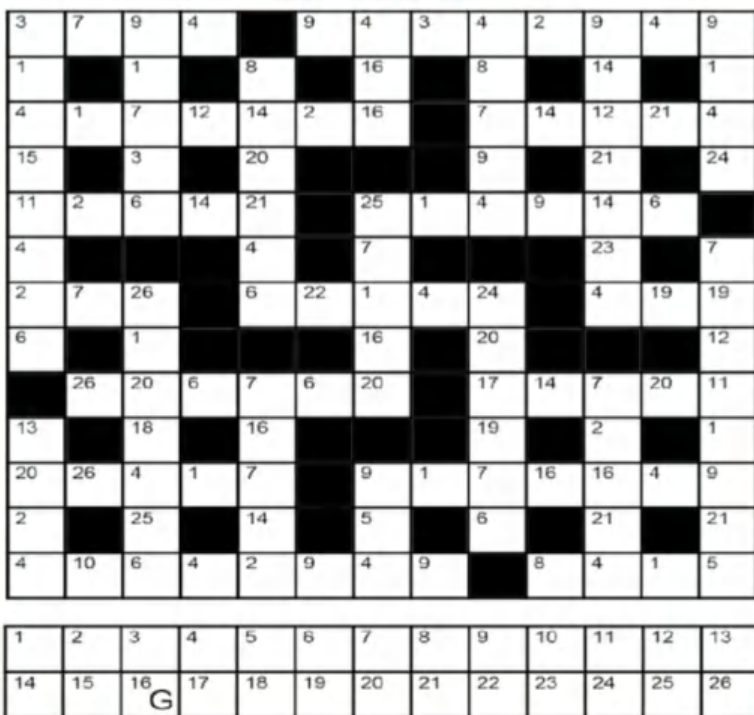
RUMBLE
SADNESS
SAPLING
SENSITIVE
SIMPLE
SINGLE
SINISTER
STENCH
SUBTLE
SUMMIT
SYSTEM
TANTALUM
TARGET
TEASE
TEMPERAMENT
THATCH
TRADE

TISSUE
TURNIP
UMBILICAL
UNATTRACTIVE
VACCINATE
VAGABOND
VELOUR
WANDER
WAVEBAND
WAXWORKS
WELCOME
WEST
WINCE
YAHOO
YEOMAN



CODEBREAKER

CODEBREAKERS require inspired guesswork. They are crosswords without clues. Every letter of the alphabet is used (you might find it useful to cross out the letters located by the grid as you find them) and each letter has its own number. In this puzzle '16' has the letter 'G', so a useful start is to insert 'G' in all the boxes that contain the number '16'. Vowels appear at least once in a word but letters such as 'X' and 'Z' are few.

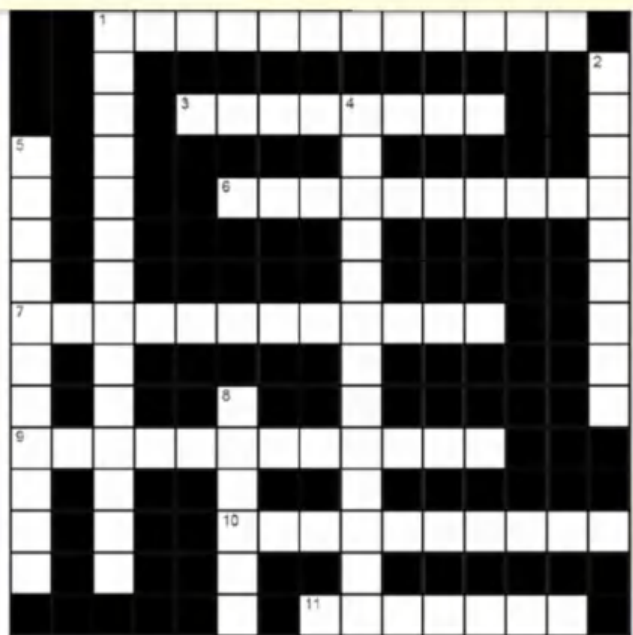


NUMBER CRUNCH

$$\begin{array}{r} 23 + 38 = 60 \\ 47 + 19 = 66 \\ 70 + 56 = 86 \end{array}$$

STARTING from the left with the given number, work your way across each of the puzzles, applying the instruction in each cell to your number.

Celeb Crossword...



Across

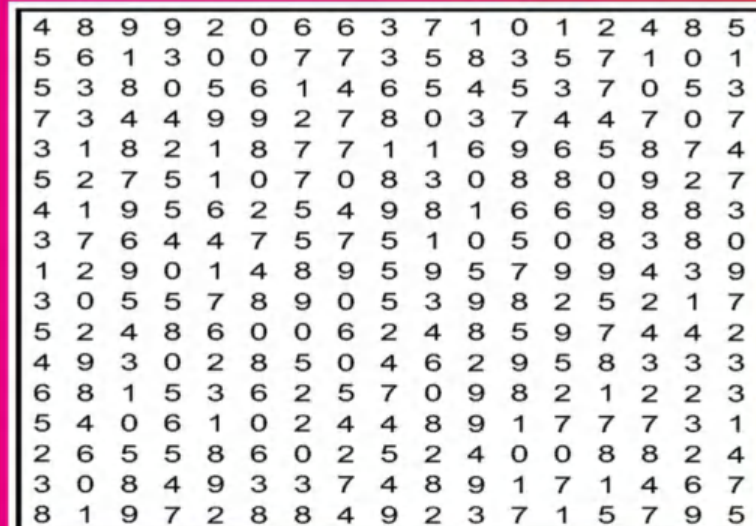
1. US actress who played the role of Tami-Lynn in the movies *Ted* and *Ted 2*, and whose films include *Get Smart* and *Mr. Blue Sky* (7,5)
3. Tipper in *What Happens In Vegas*, Agness in *It's Complicated* and Annie Dwyer in *No Escape* are movie roles played by this US actress (4,4)
6. Canadian-born actress who, at the age of 11, won the Academy Award for Best Supporting Actress, and whose movies include *Almost Famous*, *The X-Men* series and *Fly Away Home*, and who played the role of Sookie Stackhouse in the TV series *True Blood* (4,6)
7. *The Impossible*, *The Ghost Writer*, *Moulin Rouge!* and *The Island* are movies in which this Scottish actor starred (4,8)
9. The movie roles of Stuart Sutcliffe in *Backbeat* and Johnny Marco in *Somewhere* were played by this US actor, whose films include *Blade*, *Immortals* and *Public Enemies* (7,5)
10. British comedian, actor, writer and presenter whose movie roles include of Master of Lake-town in *The Hobbit* series and Mycroft Holmes in *Sherlock Holmes: A Game Of Shadows* (7,3)
11. David _____, English actor who played the role of Argus Filch in the *Harry Potter* series of movies (7)

Down

1. The role of Flash Thompson in the *Spider-Man* trilogy is played by this US actor, who starred in the films *Magic Mike* and *Magic Mike XXL* (3,11)
2. Irish actress who played the roles of Petunia Dursley in the *Harry Potter* films and Marnie Stonebrook in the TV series *True Blood* (5,4)
4. Four-time Academy Award-nominated US actor, whose movie roles include Chris Kyle in *American Sniper*, George Pemberton in *Serena* and Pat Solitano in *Silver Linings Playbook* (7,6)
5. Actress, film director and producer who starred in the movies *The Silence Of The Lambs*, *Flightplan*, *Inside Man*, *Carnage* and *Nell* (5,6)
8. US actor _____ Ackles, who played the role of Dean Winchester in the TV series *Supernatural* (6)

NUMBERSEARCH

WITHIN this grid are hidden the numbers below. They are found horizontally, vertically, diagonally and back-to-front.



003165	3507354564	5573543135	8516565906
09243	3615323	57101	8771169658
1489595799	4895957994	60638	906864351
17102	4923	7456508504	9387
1845478385	4930285046	7812813	94718
1972884923	50835	79519173	9751732948
2895010634	5107083088	8109874599	
30880927	54587	8153625709	

KIDSMAZE

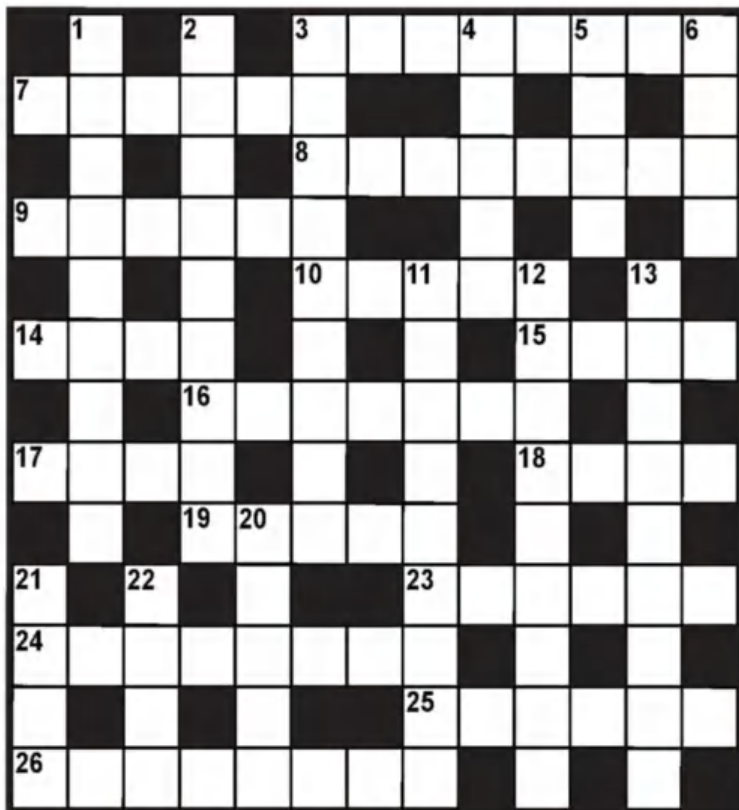


ON SALE
NOW!



36
DESIGNS

CRYPTIC CROSSWORD



Across

3. Give Tess the traces to hold! (8)
7. Stand taken when a little saint is given the cane (6)
8. To a saint, it's alien in Asia but it satisfies me! (8)
9. Want to make a profit? Put your money in underwear! (6)
10. It's simple! You lose one point when you drive it (5)
14. How to part a snare (4)
15. Sore about him carrying a bow? (4)
16. I find it disturbing! (7)
17. She's the queen of the cannery (4)
18. I point to an agent I catch sight of (4)
19. There's something special for you at the centre attraction (5)
23. Those women and their ideals! (6)
24. Get Dante to tee off and you'll be needing some front teeth! (8)
25. The alien has a rest on the thoroughfare! (6)
26. As I recall, some were in the mire! (8)

Down

1. When travelling at ten, I take the train (9)
2. Have Peter Trin translate it for you (9)
3. You find it best to live in an entrance-hall? (9)
4. Only the twisted one gets wet in there! (5)
5. Receipts that will entrance? (4)
6. So! I repeat! It's just tolerable! (4)
11. It's useless having a pencil like that! (9)
12. Left Gary in Eden and it was fabulous there! (9)
13. That cop melted and it was all over! (9)
20. Anyway! It's mechanical! (5)
21. More amusement with paper (4)
22. How to get your mate on side (4)



ON SALE NOW!

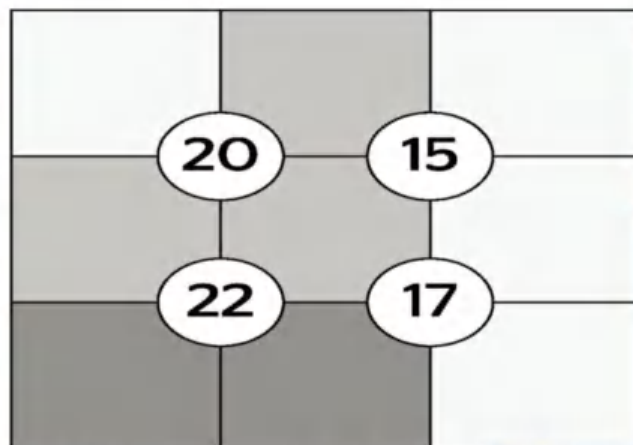
MONSTER SUDOKU

COMPLETE the grid so that every row, column and 4x4 box contains 0, 1, 2, 3, 4, 5, 6, 7, 8 and 9 and a, b, c, d, e and f.



SUKO

Place the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of the four surrounding spaces, and each colour total is correct.



19

11

15

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gap.

Bonus
DRAWER

Mogul
MEGATAN

Shape
CROOTUN

Drowse
RUMBLES

TODAY'S WORD

STICKLERS

Below is a letter square with the letter Q missing so as to make a 5 x 5 square. Now here's the puzzle: Find the letter that comes just above the letter that comes before the letter just below G, and also find the letter just before the letter just above N. The answer lies between the two letters.



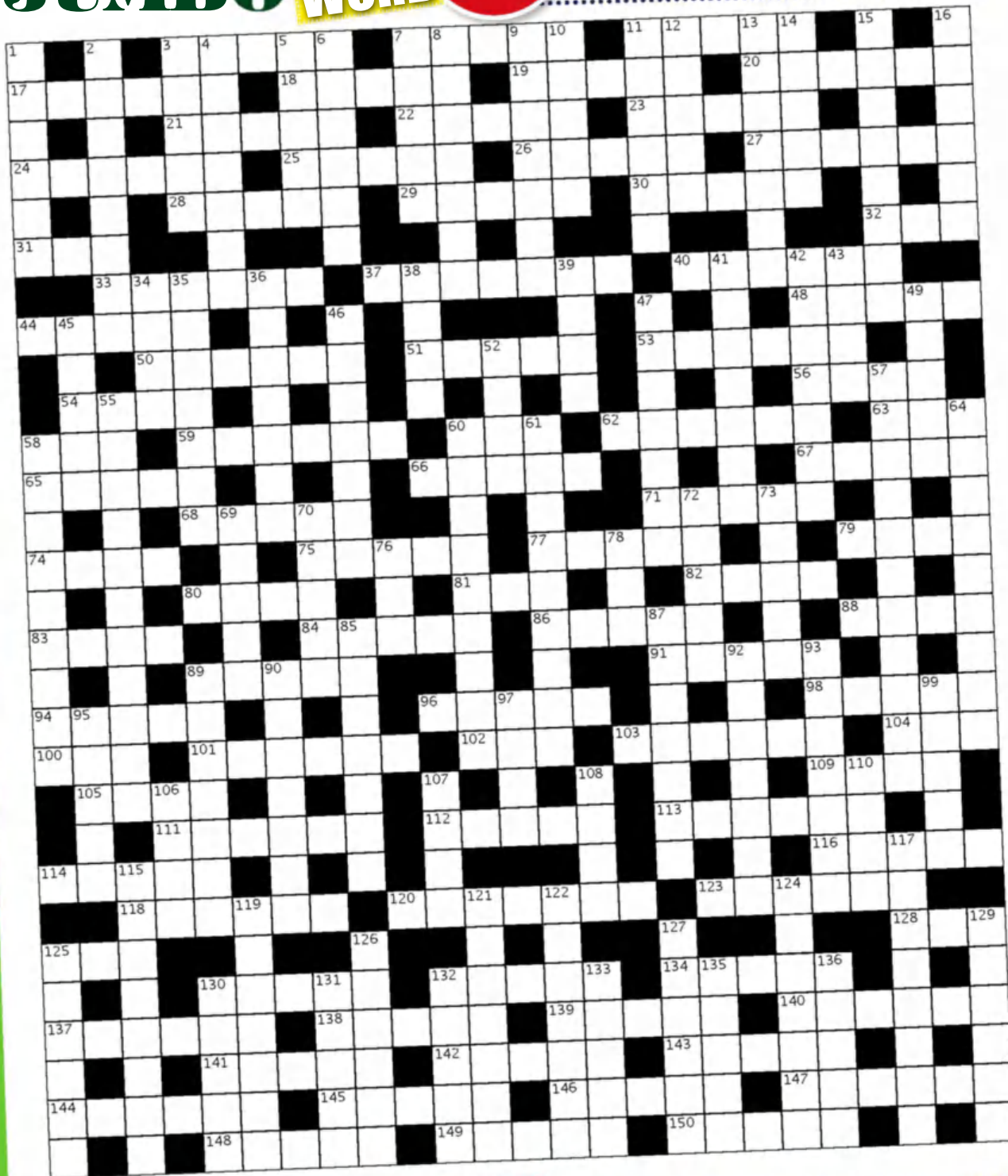
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CROSSWORD NO. 332

JUMBO WORD

ACROSS

3. Muscular strength
7. Legerdemain
11. Neck wrap
17. Have ambition
18. Sticky in summer
19. Singer, ... **Brooks**
20. Antenna
21. Sharp
22. Evil spirit
23. Smiling
24. Partner
25. Cosy corner
26. Sidestep
27. Heartache
28. Urticaria
29. Threesome
30. Fragrant wood
31. Shade of green
32. Plaything
33. Move unsteadily
37. Couturier
40. Acid neutraliser
44. Musical note
48. Tropical tree
50. Intimate
51. Striped animal
53. Come back
54. Tug
56. Beasts of burden
58. Noise
59. Draw out
60. Wonder
62. Gather on a surface
63. Mother
65. Viper
66. Book of maps
67. More than enough
68. Tourist attraction
71. Doctrine
74. Part of sidewalk
75. Raptor's nest
77. Beer ingredient
79. Young hawk
80. Await judgment
81. Drinking vessel
82. Very big
83. Milky gem
84. Bar legally
86. Overweight
88. Type of gas
89. Camera feature
91. Make a swap
94. Move furtively
96. Irish foot soldier
98. Prod
100. Before poetically
101. Deep chasm
102. Follow closely
103. Heavenly beings
104. Corn spike
105. Actor, ... **Baldwin**
109. Loosen
111. Central part
112. Cereal grain
113. Skullcap
114. Start
116. Secret meeting
118. Horn
120. Herdsmen
123. Flow back
125. Shy
128. Knight's title
130. Young shoots
132. Plant parts
134. Nuisance (1,4)
137. Rescind
138. Get tangled
139. In the know
140. French brandy
141. Ultimate
142. Briefly stated
143. Actor, ... **Hawke**
144. Import fee
145. Besmirch
146. Mud volcano
147. ... the Menace
148. Shrill barks
149. Organic compound
150. Attempted



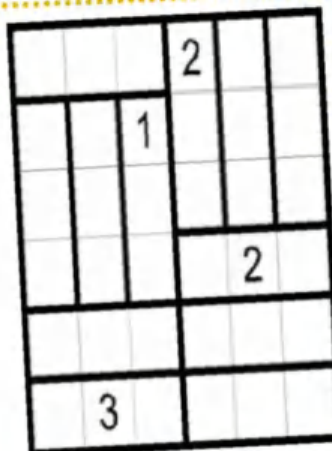
SUDOKU

PLACE a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.



TATAMI

TATAMI is a 6x6 grid logic game played with the numbers 1 to 3. Each 3x3 slab must contain all the numbers 1-3 with no duplicates. Adjacent slabs cannot contain the same number, i.e. the number 3 cannot be placed next to another number 3. Each row and column must contain a double set of numbers (two 1s, two 2s and two 3s).



DOWN

1. Spicy sauce
2. Current (2,2,4)
3. Impetuous
4. Proof of payment
5. Moan and groan
6. Prefers nakedness
7. Strength
8. Stuck to
9. Tropical lizards
10. Have a cow
11. Severe
12. Scold
13. Pillage
14. Stench
15. Priestly
16. At a snail's pace
34. Egg-shaped
35. Bank workers
36. Giving the slip to
38. Seep
39. Snare
41. Disappointment
42. Circus performer
43. Wild cat
45. Quick
46. Go off course
47. Film list
49. Declare invalid
52. Pipe part
55. Sneaky
57. Foolish (5-6)
58. Unlikely winner (4,5)
60. Tried
61. Placid (4-5)
64. Hermes was one
69. Perfect
70. Hell
72. Old anaesthetic
73. Provoked
76. Groove
78. Beer
85. Roof component
87. Fill-in (5-2)
89. React to yeast
90. Make progress
92. Mediocre
93. Adjoining bathroom (2,5)
95. Annoyed
97. Judicial garb
99. Prisons
106. Related
107. Water pitcher
108. Agitate
110. Social misfit
115. Jovial person (3,5)
117. Noncommittal answer (3,3,2)
119. He's morally unacceptable (3-4)
121. Stablemen
122. All together (2,5)
124. Waterfall
125. Clergyman
126. Old Testament book
127. Minimal
129. School break
130. Chewy candy
131. Understand
132. Caterpillar hairs
133. Curse
135. Author, ... Benchley
136. Not flabby

EVEN EXCHANGE

EACH numbered row contains two clues and two answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Every 24 hours	— A — — —	Lady mat	— O — — —
2. Perforate	— — — — C —	Mr. Trudeau	— — — — R —
3. Scant	— — — — G —	More wretched	— — — — N —
4. Noontime meal	L — — — —	Premonition	H — — — —
5. Pitcher's hill	— — — — D —	Everest or Olympus	— — — — T —
6. Anna Pavlova's dance	A — — — —	Roy Rogers' dog	— U — — —
7. More domesticated	— A — — —	Stopwatch	— I — — —
8. Sink bowl	— — — — N —	Straightforward	— — — — C —
9. Pathfinder	— C — — —	Yell	— H — — —
10. Pebbles	G — — — —	Go on a journey	T — — — —

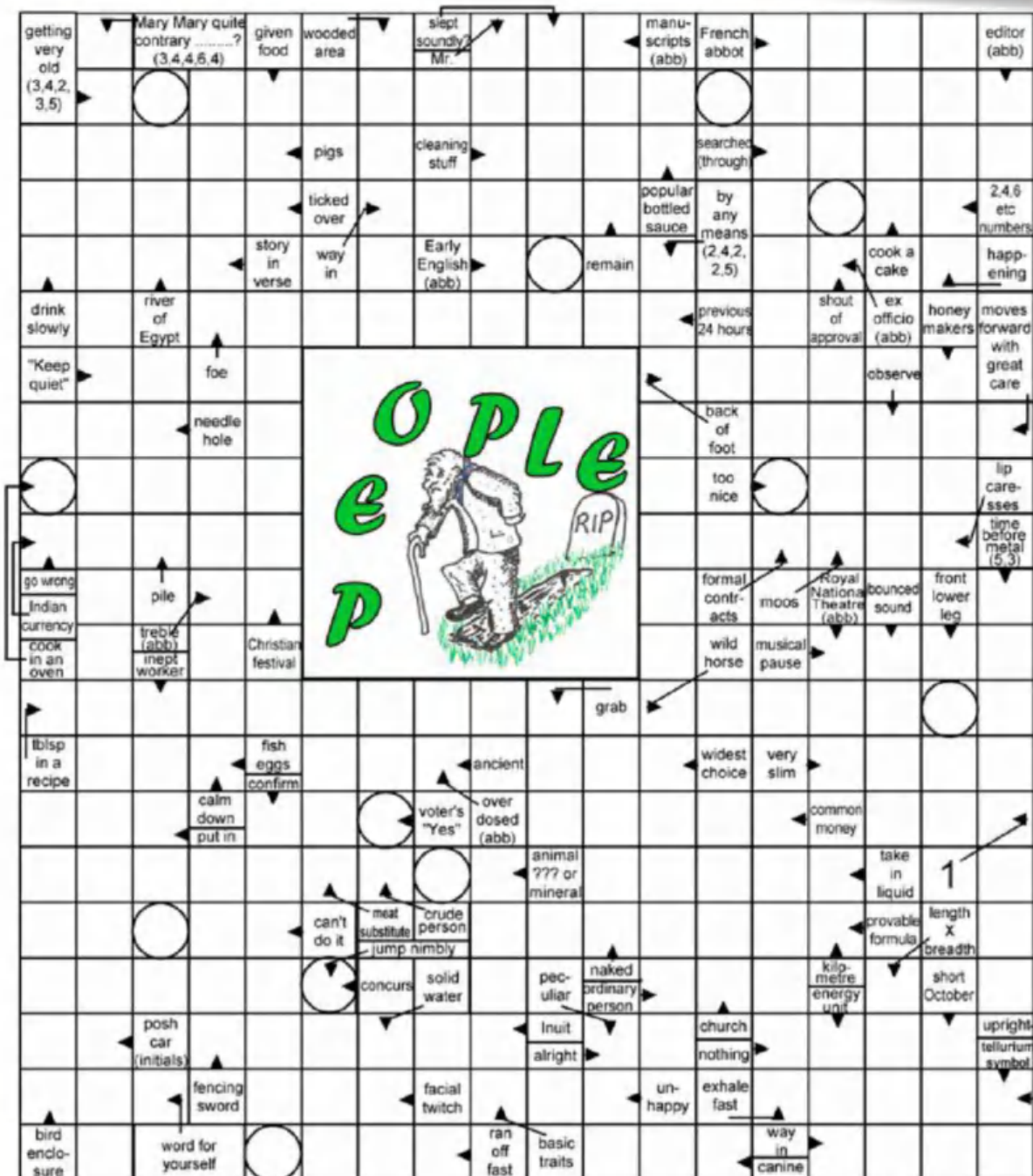
BLOCKWORD

NO.
621

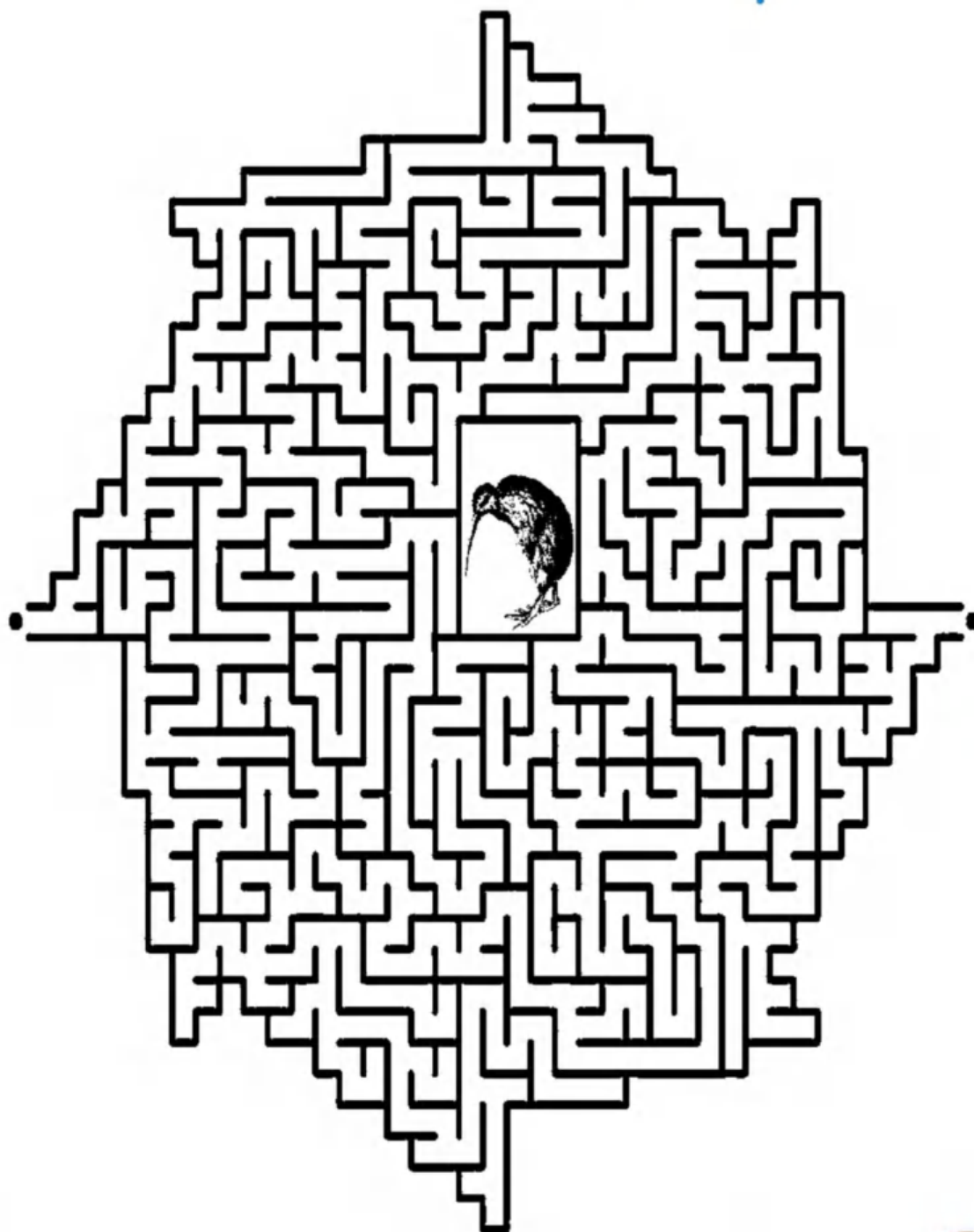
BY BARRIE THOMSON

WIN R500

TO ENTER this BLOCKWORD, all you have to do is finish the grid, and the ringed areas will make up one word. The clue to the answer is: Notwithstanding. SMS 48408 with the answer, your name and surname, and **people**/Blockword No. 621. Be sure to SMS before December 7, 2015. By doing this, you could win R500. Winner of Blockword 617: Don Drew. Answer: Pleasurable. Winners will be paid electronically. SMSes charged at R1.50 and free SMSes do not apply. Terms and conditions apply.



Mega Maze



SUGARU

		5		
		1		
4		3		

EACH cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3; and so on. No same digit appears in any neighbouring cell, not even diagonally.

MISSING LINKS

CALCULATE the results and actions. Fill the missing links from the top.

RESULT		ACTION	
	7	x	
=		+	41
=	104	-	
=		x	15
=	570	÷	
=		+	2
=	21	x	
=		+	48
=	804	÷	
=		-	55
=	12	÷	
=		x	99
=	297		

FIND-A-WORD

Appreciate
Approve
Ball
Between
Braille
Cinnamon
Coffee
Common
Compass
Cull
Dress
Free
Grammar
Keel

Keen
Kettle
Levee
Loop
Manner
Massive
Mill
Need
Occupation
Official
Passion
Shoot
Shuffle
Sorrow

Spill
Staff
Tepee
Territory
Tool
Volley
Warranty
Week
Will
Yellow
Zoo

N M S E T A I C E R P P A C Y
O K A S P O F F I C I A L I T
I Y E N E E W T E B C M K N N
S T E T N R A I R O A E S N A
S P E L T E D O F S E F E A R
A L O P L L R F S N T L B M R
P S L O E O E I O E F R L O A
C W H A L E V I R F A E T N W
O O A O B E T R U I S T A F F
M R M P O A I H L Y E W I L L
P R C M P T S L T L E E E E E
A O R U O R E Z O O I L V E E
S S C R L N O D E E N P L E K
S C Y M I L L V T O O L S O L
O G R A M M A R E E E R F S W

ON SALE
NOW!



WORDOKU

THERE are 9 letters used within the puzzle, each letter must be used (but never repeated) in every row, column and 3x3 square.

				O	
E	O			H	R
Y		N	T		
				R	E
W	T				
R		E	Y		
R	W	S			
S		E	T	N	
T		R		S	



GO FIGURE

THE
idea of Go

Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram – by following the arithmetic signs in the order they are given (from left to right and top to bottom). Use only the right numbers below the diagram to complete its blank squares, and use each of the nine numbers only once.

	÷		+		8
+		+		x	
	-		x		4
÷		+		+	
	+		+		24
2		15		13	

1 2 4 5 6 7 8 8 9

ON SALE
NOW!



K

FILL the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same digit twice in a block. (The same digit may occur more than once in a row or column, but it must be in a separate block.)

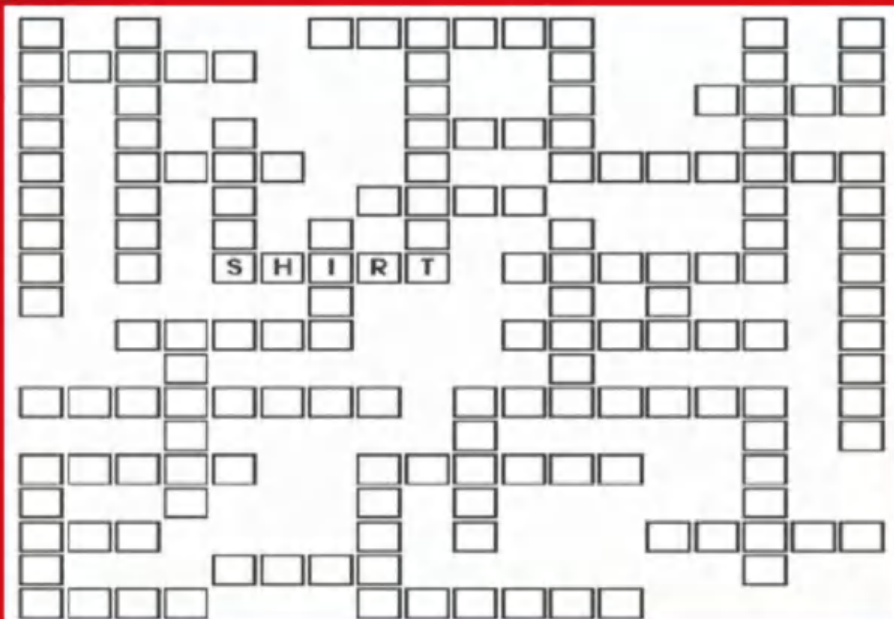
			10	4	7				6	4	10	
		6						6				
		7						7				
	3					17	16					3
4				20						27		
11				32		17			6			
					19				19			
	4		10					4			4	3
26								19				
21								21				
				4				3				
	3		10			17	16				10	3
12						7			6			
4					21						4	
				4								
		6						6				
		7						7				

Arrow Word

Spontaneous (2,3)	Diva, prima ...	Light-ray weapon	Swedish pop group	One who evaluates property	Domestic	Pub drink	Capital of Bahrain	Certainty
Subjugation			Group of Roman soldiers	Income				Busy insects
Word indicating a maiden name			Mad Cow Disease (1,1,1)	Mark the surface	Arabian country	Prefix meaning 'eight'	Nobleman	
Huge	Divide	Kind of small bird	Light horse-drawn vehicle					
Fireman					Played an innings	Exists		
Long period of time			... Hawn, film star	Mad				Greek goddess of dawn
Very cruel act			Festive			Inhabitant (suffix)		
Firearm					... Vegas, gambling city	Computers (Inits)	Spanish day labourer	
Greasy solid		Islamic holy war	Musician Cocker's initials	Prise				In the direction of
Surplus amount						'... Us A Child Is Born', carol		



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3 LETTERS

BRA
CAP
HAT

4 LETTERS

BELT
COAT
KILT
ROBE
SARI
TOGA
VEST

5 LETTERS

APRON
BOOTS
CLOGS

DRESS

JABOT
JEANS
SCARF

~~SHIRT~~

SHOES
SKIRT

6 LETTERS

BLAZER
BLOUSE
GLOVES
JUMPER
KIMONO

RIBBON
SHORTS
SLACKS

7 LETTERS

SANDALS
SWEATER

8 LETTERS

EARMUFFS
OVERALLS
OVERCOAT
TROUSERS

9 LETTERS

STOCKINGS
WAISTCOAT

Spot The Difference!

AT first glance, these two pictures may look identical. But there are some subtle changes in the second picture. See if you can find the six differences.



Celeb Wordmatch

FIND A WORD that can follow the word on the left and precede the word on the right. When you have filled in all the answers, the name of a celebrity can be read from top to bottom in one of the lines.

PITCH								HOLE
BIG								STRAW
BELLY								MUSIC
CHANNEL								VISION
TOWN								SHAME
MONEY								OUT
RAIN								FIRE
INK								HEAD
SCUBA								BIRD
FIST								CLUB
DEATH								SNAKE
SAFETY								CLAM

Wishing Well...

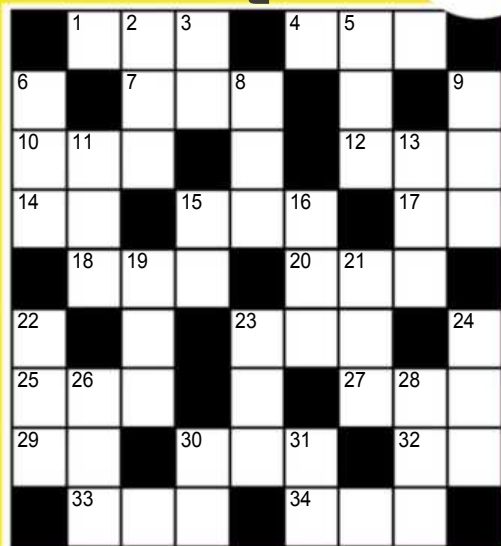
HERE is a pleasant little game that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.



6	7	2	5	6	4	6	4	2	8	7	3	5
M	A	S	C	O	M	D	E	T	J	L	P	O
3	4	6	4	7	3	6	4	2	7	2	7	8
L	R	E	G	O	A	R	E	A	V	Y	I	O
2	6	7	4	3	8	5	3	6	5	4	3	5
T	A	N	R	N	B	N	C	T	F	F	A	I
8	7	8	7	8	5	4	6	3	6	3	6	5
A	G	D	E	V	D	O	E	R	D	E	E	E
2	4	3	5	4	5	3	7	3	5	6	5	3
R	R	F	N	M	C	U	V	L	E	S	S	L
4	8	4	7	6	8	6	4	5	3	7	8	4
O	A	N	E	I	N	R	E	O	Y	N	C	Y
2	7	6	5	8	5	6	8	5	8	2	8	8
U	T	E	A	E	R	S	M	S	E	E	N	T



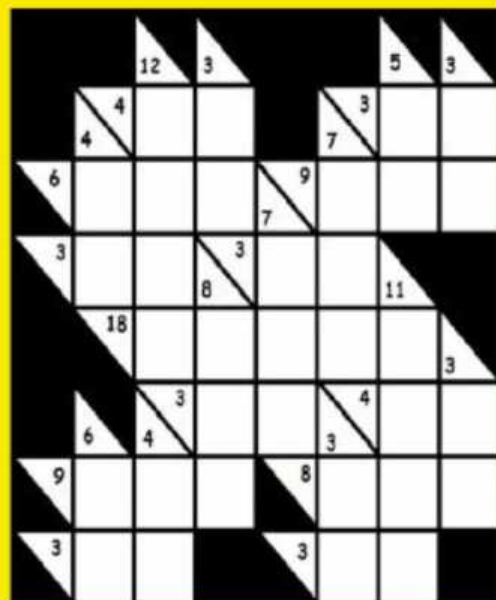
MATHS QUIZ



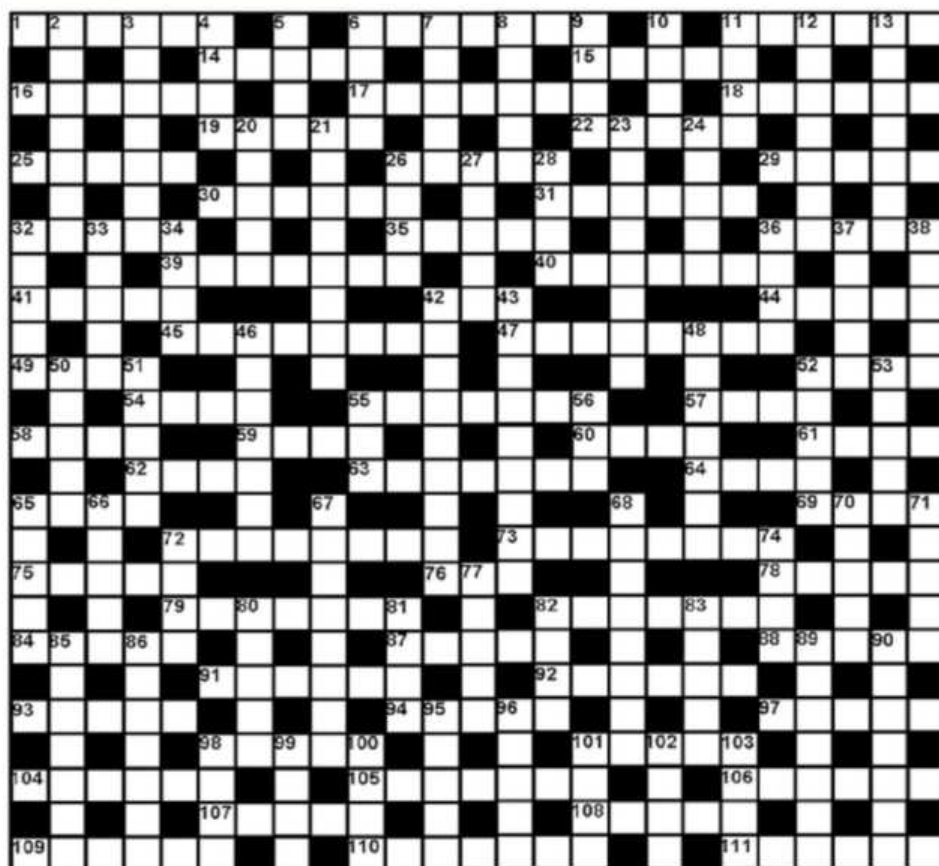
- ACROSS**
1. $109 + 473$
 4. $846 \div 2$
 7. 31×4
 10. $361 + 133$
 12. $88 + 305$
 14. 9×9
 15. $316 - 9$
 17. $105 \div 5$
 18. 405×2
 20. $84 + 307$
 23. $4676 \div 7$
 25. 195×4
 27. $497 + 279$
- DOWN**
29. $21 - 7$
 30. 203×4
 33. $112 + 293$
 34. $179 + 224$
 2. 407×2
 3. 11×2
 5. $245 - 22$
 6. $6636 \div 7$
 8. 100×4
 9. $261 - 30$
 11. $8262 \div 9$
 13. $3684 \div 4$
 15. 5×6
 16. $417 + 319$
 19. 55×2
 21. $5922 \div 6$
 22. $158 + 13$
 23. $4968 \div 8$
 24. $436 + 131$
 26. $5908 \div 7$
 28. $194 + 589$
 30. 17×5
 31. 3×8

KAKURU

FIT only the numbers 1 to 9 into the grid so that each horizontal run of white squares adds up to the total above the diagonal line to the left of the run, and so that each vertical run of white squares adds up to the total below the diagonal line above the run. No number can be used more than once in any run.



CROSSWORD



ACROSS

- 1) Football (6)
- 6) Relating to marriage (7)
- 11) Prostitute (6)
- 14) Release slowly (5)
- 15) Well and active (5)
- 16) Corn cob (6)
- 17) US 5 cent coins (7)
- 18) Distance along (6)
- 19) Overwhelming rush of water (5)
- 22) Type of whale (5)
- 25) Most elementary (5)
- 26) Send to an output device (5)
- 29) Mechanical person (5)
- 30) Very small (6)
- 31) Major Prophet of the Old Testament (6)
- 32) True vertical position (5)
- 35) Bracelet ornament (5)
- 36) Irritated (5)
- 39) Basic research (7)
- 40) Gave out (7)
- 41) National gambling game (5)
- 42) Loud noise (3)
- 44) Relax (3,2)
- 45) Protect from harm (8)
- 47) Cut off a limb (8)
- 49) Film holder (4)
- 52) The one indicated (4)
- 54) Pale brown (4)
- 55) Foot-rest on a horse (7)
- 57) Heavenly shiner (4)
- 58) Garden tool house (4)
- 59) Public transport vehicle (4)
- 60) Touch on one side (4)
- 61) Non-scientific subjects (4)
- 62) Appropriate garments and equipment (4)
- 63) Path for cars to travel (7)
- 64) Against (4)
- 65) Dull pain (4)
- 69) Point in a network (4)
- 72) Monk's belt (8)
- 73) Speculative (8)
- 75) Noisy fight (5)
- 76) Canine animal (3)
- 78) Country of Asia (5)
- 79) Money-lenders (7)
- 82) Forced upon (7)
- 84) Small fly (5)
- 87) Looked through a book (5)
- 88) Rowed a boat (5)
- 91) Member of a criminal gang (6)
- 92) India rubber (6)
- 93) Breakfast meat (5)
- 94) Pet name for a grandmother (5)
- 97) Kiss and cuddle (5)
- 98) Technical musical exercise (5)
- 101) Rhythm (5)
- 104) Ring for holding a compass steady (6)
- 105) Noisy demand (7)
- 106) Woman committed to chastity (6)
- 107) Member of a US protestant group (5)
- 108) Accepted practice (5)
- 109) Take out a vein (6)
- 110) Aperture (7)
- 111) Court edict (6)

DOWN




- 2) On the whole (7)
- 3) Element in our bones (7)
- 4) Underwater ridge (4)
- 5) Board game with a dice (4)
- 6) Despatch (4)
- 7) Code word for 'O' (5)
- 8) Back of a ship (5)
- 9) Scottish girl (4)
- 10) Drink made from grapes (4)
- 11) Ship's rudder (4)
- 12) Resentment (7)
- 13) Eventual result (7)
- 20) Telling untruths (5)
- 21) Old-fashioned (8)
- 23) Precious metallic element (Pt) (8)
- 24) Cook over open flames (5)
- 26) Eat like a bird (4)
- 27) Citizen of Iraq (5)
- 28) The fourth dimension (4)
- 32) Near the Earth's pole (5)
- 33) Take out a knot (5)
- 34) Group of cooperating countries (4)
- 36) Lazy (4)
- 37) Small sailing ship (5)
- 38) Remote storage facility (5)
- 42) Very committed (9)
- 43) Getting less wide (9)
- 46) Uncharged component of an atom (7)
- 48) Refrain from doing something (7)
- 50) Set of principles (5)
- 51) Shelf against a wall (5)
- 52) Teach someone to do better (5)
- 53) Performed on stage (5)
- 55) Title for a knight (3)
- 56) Give what you owe (3)
- 65) Book of stamps (5)
- 66) Detected with the ear (5)
- 67) Gave evidence (8)
- 68) Tin covered steel (3,5)
- 70) Give a command (5)
- 71) Largest antelope (5)
- 72) Hint (4)
- 74) Open-air swimming pool (4)
- 77) Church musical instrument (5)
- 80) Very disconcerted (5)
- 81) Turn round and round (4)
- 82) Original thought (4)
- 83) Number of woolly animals (5)
- 85) Think up (7)
- 86) Word of farewell (7)
- 89) Clothing (7)
- 90) Natural wearing away (7)
- 95) Very conscious (5)
- 96) Biblical mother-in-law of Ruth (5)
- 98) Vigour and enthusiasm (4)
- 99) One of many (4)
- 100) Bounced sound (4)
- 101) Gardening basket (4)
- 102) Prepared food (4)
- 103) Finished (4)



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**NO.
602**

R500

Possess			Type of floor-covering							Relating to the chest	Ran in neutral	Boxer's assistant
					Revolt Correspondence in certain respects		Notion					Regulation
School qualification Metal symbol 'Cu'										One from Rome?		
	Stitched border		Nervous twitch In the near future					Equal (prefix) Church council				Name of a book
		Power to reject Be in debt			Alone Finished			Obsolete coin Primates				Informed
Degrade Set of bells tuned to each other	Unhopped beer		Scott _____ plays Joe Clark in 'The Young and The Restless'	Dwelling German sheepdog						Of no legal force		
						Vex Allowed to live		Reduce	Bryan Dattilo plays Lucas _____ in 'Days of Our Lives'			
		Otherwise More feeble				Post-mortem examination Medal						
Decay Transport by road				At this moment Alloy of tin and copper	Mops gently	Mouth secretion			Defendant's answer to a charge	With (prefix)		
			At this place			Not at home	Take illegally Very fashionable					
			Largest continent	Famous falls on U.S./Canada border	Yearbooks	Turns a camera during filming		Brassieres (abbr)				
	Runs away secretly with a lover			Hide							Tool with arched blade at right angles to handle	Meat without much fat
			Large inland body of water	Factory worker Call of a dove								Norway and Sweden's peninsula
							Paint crudely				Thick animal hair	Full
	Star-shaped mark				Tie Hoarse, harsh		Sour Dinosaur with bony back-plates		Existing Distant			
		_____ Nyandeni plays Mkabayi Zungu in IsiBaya			Cuts (hair) short Cry of a sheep				Hold firmly	Type of droopy moustache		
								Quanita Adams plays _____ September in Binnelanders				
		Hotshot All of two	Hollow in rock	Senior clergymen Old	On fire					Venerated person	Open pie	
Hunted animal			Scottish capital Heap of stones as a landmark				French 'deuce' in tennis					
											Jelly-like hair styling product Feline animal	
Judge			Took a chair				Double row of trees	Turkish chief officer		Mineral aggregate of economic interest		
Exposed	Arrest Small river				Coined	Bringing about of an effect	Marked with a hot iron	Slumber-ing				Intended

**NO.
602**



REMEDY	HARE IN ITS FIRST YEAR	YOUNG COW	CHARM	JAPANESE BUDDHISM	TARBOOSH	OVERLAY WITH A THIN SHEET OF FINE WOOD	CHOSE	REFRACTING STRUCTURE OF THE EYE	CRAFTY TRICK	WORTHY OF IMITATION OR NOTICE
			JOLLY AND GENIAL							FIELDS OF THE ABODE OF THE BLESSED DEAD
		BEWITCHING SINGER DEXTEROUS				RHYTHMIC SYNCOPATED MUSIC OF BLACK AMERICA		QUAVER		
					DOCKER			FIRST GOLF STROKE PLAYED FROM HERE		
					PLANT THAT LIVES MORE THAN TWO YEARS					
COHERENT BODY OF MATTER	TYPE OF CRICKET MATCH (INITS)	SMALL VALLEY			LEASHES			COOK IN OIL		
		SMOOTH						TAKES VICTORY		
		SCANDINAVIAN GOD OF THUNDER			IN SUITABLE CONDITION					
								— 7 URBAN. TITLE CHARACTER IN 'DREDD' (2012)		
MOVE ABOUT LIGHTLY					LACKING TEETH	TURN DOWN			SECOND GREEK LETTER	FEEL GREAT DESIRE; EXPRESS LONGING
							DEGREE OF GROUP CONFIDENCE			
WEEP NOISILY	RADHA — 7? ROSA DA SILVA IN 'SILENT HILL' (2006)		GREATER IN LENGTH	ALMOND-FLAVOURED LIQUEUR	PERSONALITY; IDENTITY			FORMER FRENCH CURRENCY AGAINST (PREFIX)	FORMER NAME OF THAILAND	CONCERN FOR THE ENVIRONMENT (PREFIX)
	SKINNY		FATHER		VEHEMENT DENUNCIATION	LOCATIONS	IN ACCORDANCE WITH WHAT IS NORMAL			LIFT
			VERY PALE OF FACE	DESERVE	DIFFERENCES IN MEANINGS OF WORDS					
			UNCANNY							
			DRYING AGENT					ALLUREMENT	ALL ITEMS SATISFACTORY	
										RIGID ABSTINENCE FROM BODY GRATIFICATIONS
MIXTURE USED TO BOND BRICKS	TOWING BOAT	COMPANY OF ANIMALS BELOW	DOMESTIC WATER HEATER			INEXPERIENCED			7 BINOCHES: SANDRA BRODY IN 'GODZILLA' (2014)	OUR BLUE CANOPY
									ENJOYMENT	
SORDID		STORY WITH A VEILED MEANING		AMEND BEFORE PRINTING	ABSORBED THE ATTENTION	A VIEW OR SPECTACLE	INCESSANT	SIGNIFY		LUNCH OR DINNER
		TATTERED CLOTHES				IMPULSE	DISQUIET			
			7 CONNERY. ALLAN QUATERMAIN IN 'THE LEAGUE OF EXTRAORDINARY GENTLEMEN' (2003)			APPENDED			COVER	
CLOSE TO	SILLY			ATTITU-DINIZED	STRONG WIND			ONE FROM COPENHAGEN ISLAND (POETIC)		CLEVER, SKILFUL
			CHILEAN MOUNTAIN RANGE							
			FIT OUT; EQUIP			COUNTRY, CAPITAL, REYKJAVIK			WASTE WATER PIPE	AMERICAN AUTUMN
				IN FACT		NO SCORE			FALL BEHIND	AVOCADO (AB)
				BICYCLES FOR PAIRS OF RIDERS				ALTERNATIVELY		TARDY
AT SEA					FIBS					
		MAGIC FORMULA	CAPITAL OF NORWAY	FLY SLIGHTLY SIDeways						THEREFORE
		PRACTICAL SKILL					GRASSLAND (OUTSIDE R.S.A.)			ESCAPE (AB)



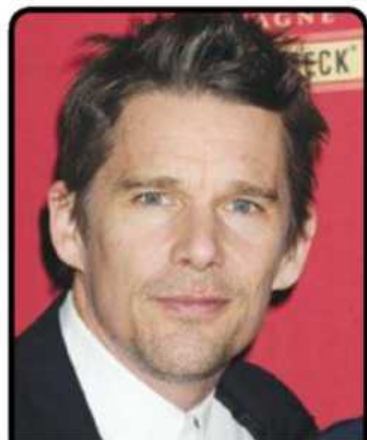


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ETHAN HAWKE

Recipe
BY VERA FOURIE



MEXICAN CHOCOFLAN



ETHAN HAWKE is an actor, director, screenwriter and novelist. He attended West Windsor-Plainsboro High School and then transferred to the Hun School of Princeton and it was while he was there that he began taking acting classes. His early ambition had been to be a writer, but once he began his acting lessons and started appearing in student productions he persuaded his mother to allow him to attend an audition for a role in a sci-fi adventure, *Explorers*. He got the part (along with **River Phoenix**). He was later admitted to the prestigious

Carnegie-Mellon University to study theatre but his studies were interrupted when he won his breakthrough role opposite **Robin Williams** in *Dead Poets Society*. His subsequent acting career has been a mix of theatre work and 'serious', more commercial movies, notably *Gattaca* (where he met now-ex wife, **Uma Thurman**) and *Training Day*. Meanwhile, he has also pursued his childhood ambition and has written two novels and several screenplays. The actor admits to having a bit of a sweet tooth, so this week's recipe is something we know he (and you) will love!

Birth Name: Ethan Green Hawke
Date Of Birth: November 6, 1970
Place Of Birth: Austin, Texas, USA
Height: 1.80m
Parents: Mom, Leslie and dad James Hawke
Spouses: Uma Thurman (divorced); Ryan Shawhughes-Hawke
Children: Daughter Maya and son Roan with Uma, and daughters Indiana and Clementine with Ryan

Ingredients:

Flan

Half a cup caramel condensed milk
4 Eggs
Half a cup of cream cheese, soft
A can of condensed milk
A can of evaporated milk
A teaspoon of vanilla essence

Chocolate Cake:

175g Margarine
250ml Castor sugar
3 Large eggs
250ml Cake flour
2 Teaspoons of baking powder
50g Cocoa (10 tablespoons)
A teaspoon of vanilla essence
Pinch of salt

Method:

Cake

FIRST, oil or spray a large bundt pan, and spoon the caramel condensed milk in, spreading it to evenly coat the sides. Place this in the fridge (for about 20 minutes, or until you finish with the cake batter) and preheat your oven to 180°C. Next, beat the margarine, sugar and eggs until fluffy in a separate bowl. Add the vanilla and stir through. Add the dry ingredients and mix until smooth and combined. Remove the bundt pan from the fridge and pour the cake mixture over the caramel condensed milk.

Flan

FOR the flan, blend the four eggs, the half-cup of cream cheese, the can of condensed milk, the can evaporated milk and the vanilla essence. Pour the flan mixture very slowly on top of cake batter. Pour it over a spoon turned upside down to make sure it spreads evenly over the chocolate cake. While baking, the flan will sink between the chocolate cake and caramel. Place the pan in a large roasting or baking dish filled with about 3cm boiling water and bake for about 30 minutes or until a knife inserted into the middle comes out clean. Remove cake from the oven and allow to cool completely. Place a cake plate over the top of the bundt pan and flip it over, then store it in the fridge and serve chilled. Delicious!



TRIED & TESTED

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PEOPLE 63

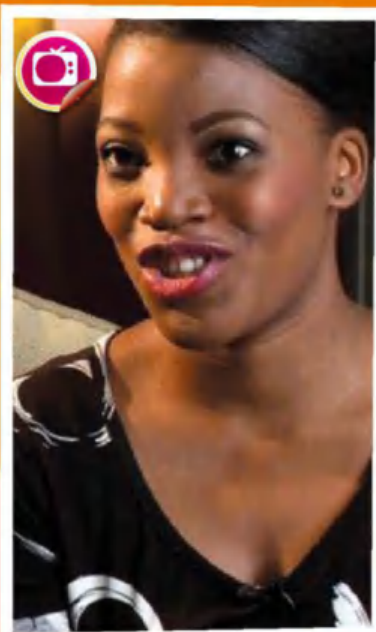
THIS WEEK'S FAB 5

BY PEARL MPHUTHI

people searches the entertainment world to bring you the hottest highlights of the week.

1 DATE MY FAMILY SEASON 2

MOVE over *Idols*, we're saying hello to another familiar reality show! Mzansi Magic viewers are in for a treat this month – the fabulous local dating show, *Date My Family* will be returning to our small screens for its second season! Viewers across Mzansi have been enthralled by the 60-minute show where single bachelors and bachelorettes visit three homes in a quest to find their true love, and if you haven't got in on the drama yet, now's your chance! **Catch the new season of *Date My Family* on November 29 at 18h00 on Mzansi Magic.**



EXTREME MACHINES

THIS show offers a unique visual experience, showcasing the most prominent mechanical advancements in automobile technology.

Catch *Extreme Machines*, Fridays at 19h15 on Discovery World.



THE CARMICHAEL SHOW

THIS brand new comedy show explores the lives of a young couple who want to move in together but are held up by their relatives! **Catch *The Carmichael Show*, Wednesdays at 19h00 on Vuzu Amp.**



SCRUBS

ENTER the surreal world of Sacred Heart Hospital, where the staff is bizarre and the laughter is contagious. **Catch *Scrubs*, weekdays at 18h30 on Sony Channel.**



RETURN TO SENDER

THIS spine-chilling movie follows career-driven nurse Miranda Wells (**Rosamund Pike**) who lives in small town. She has everything she wants but is still lacking that one thing to make her life complete – a man. So she goes on a blind date with the dashing William Finn (**Shiloh Fernandez**). But is he the Prince Charming he seems at first to be? ***Return To Sender* releases November 27, 2015.**

TOP 10 DStv PICKS



SURVIVOR'S REMORSE

IT'S all about dribbling and hoops in this sitcom that follows Cam Calloway, a basketball star in his 20s who excels in everything he does. **Catch *Survivor's Remorse*, Mondays at 21h00 on Vuzu Amp.**

COME DINE WITH ME

CATCH the awesome cooking show with a twist, where amateur chefs attempt to wow each other with their culinary skills, all the while entertaining us with their drama! **Catch *Come Dine With Me*, Mondays at 19h02 on BBC Lifestyle.**

THE FRESH PRINCE OF BEL-AIR

IT'S Throwback Tuesday – watch **Will Smith** at the start of his career in this famous comedy show that's bound to have you in stitches! **Catch *The Fresh Prince Of Bel-Air*, Tuesdays at 17h35 on Comedy Central.**

JUDGE JOE BROWN

YOU don't want to end up on the bad side of this no-nonsense judge! It's definitely order in the court when **Judge Joe Brown** is presiding over cases. **Catch *Judge Joe Brown*, weekdays at 16h20 on CBS Reality.**

HAIR TRAUMA

THIS show follows the everyday goings-on of NYC hairstylist **Ellin LaVar** who has styled some of the most fabulous hair around, and has star clients such as **Tyra Banks, Beyoncé** and **Naomi Campbell**. **Catch *Hair Trauma*, Mondays at 17h40 on Sony Channel.**

HALF & HALF

IT'S a *whole* lot of comedy in this series about two half-sisters whose drama doesn't come in half-measures – whether it's their careers, personal life or relationships, there's never a dull moment. **Catch *Half & Half*, weekdays at 17h00 on CBS Drama.**

COMMON LAW

FANS of 'cop buddy' productions will love this series that centres on LAPD detectives **Travis Marks** and **Wes Mitchell**. **Catch *Common Law*, weekdays at 21h00 on CBS Drama.**

SPECTRE

IT'S about time! We simply can't contain our excitement, because we've been waiting for this sure-to-be blockbuster to hit our big screens for ages! Starring the handsome **Daniel Craig**, as well as **Christoph Waltz** and **Monica Bellucci**, *Spectre* sees the return of Bond, **James Bond**, whose focus on a mysterious message from his past sees him embark on a mission to uncover a sinister organisation: *Spectre*. ***Spectre* releases November 27, 2015.**



RICKI AND THE FLASH

THIS wonderful comedy-drama features the legendary **Meryl Streep**, so you *know* this DVD is already on our Christmas wish list! It follows the life of musician and guitar heroine **Ricki Rendazzo (Meryl)**, who desperately wants to patch things up with her family after choosing her rock career over her loved ones. What makes this movie even more special is that **Meryl** acts alongside her real-life daughter, **Mamie Gummer**! **The DVD for *Ricki And The Flash* is available from DVD retailers nationwide.**

DRAKE'S HOTLINE BLING

THE year 2015 seems to be the time of the **Drake**! The 29-year-old Canadian has just released the video of his latest offering *Hotline Bling*. The chart-topping track was produced by **Nineteen85** and co-written by other talents who know exactly what **Drake** fans have been asking for! In the video, we see that rapper showing off his dance moves (of course!) which, we must admit, are really sexy (of course!). We love just how he stands out! ***Hotline Bling* is available for download on iTunes, while the video can be seen on YouTube.**



THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
06:00 The Ellen DeGeneres Show 07:00 McCarthy's 07:30 The Night Shift 08:30 Chicago PD 09:30 Jersey Boys 11:30 The Goldbergs 12:00 The Ellen DeGeneres Show 13:00 Britain's Got Talent 14:00 Carte Blanche 15:00 The Good Wife 16:00 Modern Family 16:30 The Big Bang Theory 17:00 The Ellen DeGeneres Show 18:00 Two And A Half Men 18:30 The X Factor UK 19:30 Power Couple 20:30 Hawaii Five-O 21:30 Night Shift 22:30 CSI 23:15 Revenge 00:15 Lovelace 02:00 Code Black 03:00 The 100-Year-Old Man Who Climbed Out Of The Window And Disappeared 05:00 The X Factor UK	06:00 The Ellen DeGeneres Show 07:00 The Big Bang Theory 07:30 Blindspot 08:30 Chicago PD 09:30 Barbie In Princess Power 11:30 The Big Bang Theory 12:00 The Ellen DeGeneres Show 13:00 The X Factor UK 14:00 Night Shift 15:00 Hawaii Five-O 16:00 Power Couple SA 17:00 The Ellen DeGeneres Show 18:00 About A Boy 18:30 The X Factor UK 19:30 Rizzoli And Isles 20:30 NCIS: Los Angeles 22:30 November Man 00:25 As Above, So Below 02:00 Grey's Anatomy 03:00 The Fixer 04:00 Revenge 05:00 The X Factor UK	06:00 Big Hero 6 08:00 The X Factor UK 13:00 NCIS Los Angeles 14:00 Hawaii Five-O 15:00 Idols SA 17:00 Chicago Fire 18:00 The Goldbergs 18:30 Mom 19:00 The Middle 19:30 Two And A Half Men 20:00 Revenge 21:00 Blindspot 22:00 Rizzoli & Isles 23:00 The Fixer 00:00 Lucy 02:00 Blue Blood 03:05 Foxcatcher 05:00 Heavenly Match	07:00 The Ellen DeGeneres Show 11:00 Barbie In Rock N Royal 12:30 Idols SA 14:30 Grey's Anatomy 15:15 Chicago Med 16:00 Chicago Fire 17:00 Power Couple 18:00 Sarah Graham's Food Safari 19:00 Carte Blanche 20:05 Taken 3 22:00 Last Week Tonight With John Oliver 22:35 The Fixer 23:45 Bessie 01:50 The Barber 03:35 Sunshine On Leith 05:30 Hollywood's 10 Best	06:00 Carte Blanche 07:00 Modern Family 07:30 Hawaii Five-O 08:30 Suits 09:30 All She Wanted 11:00 Movie Stars 11:30 Mom 12:00 Ellen's Design Challenge 13:00 The X Factor UK 14:00 Revenge 15:00 NCIS 16:00 Rizzoli & Isles 17:00 The Ellen DeGeneres Show 18:00 The Goldbergs 18:30 The X Factor UK 19:30 Grey Anatomy 20:30 The Fixer 21:30 Madam Secretary 22:30 Carte Blanche 23:30 Blindspot 00:00 Wish I Was Here 01:50 Bad Neighbours 03:30 And So It Goes 05:00 The X Factor UK	06:00 The Ellen DeGeneres Show 07:00 The Big Bang Theory 07:30 NCIS 08:30 Sarah Graham's Food Safari 09:30 Revenge 10:30 Rizzoli & Isles 11:30 The Middle 12:00 The Ellen DeGeneres Show 13:00 Britain's Got Talent 14:00 Madam Secretary 15:00 CSI 16:00 The Astronaut Wives Club 17:00 The Ellen DeGeneres Show 18:00 Mom 18:30 The X Factor UK 19:30 Chicago Med 20:30 Chicago Fire 21:30 Chicago PD 22:30 Madam Secretary 23:30 The Fixer 00:30 Last Week Tonight With John Oliver 01:00 The Interview 02:50 Good People 05:00 The X Factor UK	06:00 The Ellen DeGeneres Show 07:00 The Goldbergs 07:30 Rizzoli & Isles 08:30 The Astronaut Wives Club 09:30 Most Wanted Man 11:30 Two And A Half Men 12:00 The Ellen DeGeneres Show 13:00 MasterChef Australia 14:00 Power Couple 15:00 Madam Secretary 16:00 Chicago Med 17:00 The Ellen DeGeneres Show 18:00 The Middle 18:30 The X Factor UK 19:30 Modern Family 20:00 The Big Bang Theory 20:30 Blindspot 21:30 CSI 22:30 Chicago PD 23:30 Chicago Fire 00:30 Shotgun Garfunkel 02:00 Limitless 03:00 Preggoland 05:00 The X Factor UK

Top Pick This Week



Taken 3

Synopsis

Taken 3

LIAM NEESON is back for more revenge in the third instalment of the *Taken* action thriller series. This time, his character, Bryan Mills, is accused of a murder he didn't commit. Now, using his rage and kick-ass skills, Brian must hunt down the true killer for his ultimate act of revenge.

Fun Fact

Grey's Anatomy

SANDRA OH (who plays Cristina Yang) originally auditioned for the part of Miranda Bailey (played by **Chandra Wilson**) but loved the character of Cristina so much that she asked if she could read for her.

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Devotion Region Premier 05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 YO.TV 07:00 YO.TV Land 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy ^R 09:30 Muvhango 10:00 Skeem Saam ^R 10:30 Retro Comedy 11:00 Stumbo Stomp 11:30 100% Youth First 12:00 Sports @ 10 13:00 Lunchtime News 13:30 Fan Base 14:00 Zaziwa 14:30 Galaxy Racers 15:00 YO.TV 16:00 Bona Retsang 16:30 My World 17:30 News (Siswati/Ndebele) 18:00 100% Youth 18:30 Skeem Saam 19:00 News 19:30 Zaziwa 20:00 Generations: The Legacy ^R 20:30 End Game 21:30 Cutting Edge 22:00 Home Affairs 23:00 Ispani 00:00 Koze Kuse	05:00 Reflections Of Faith 05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 Sports Buzz 07:00 YO.TV 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy ^R 09:30 Muvhango 10:00 Skeem Saam ^R 10:30 Emzini 11:00 Wezinsizwa 11:30 Cutting Edge 11:30 Jika Majika 12:00 Friends Like These 13:00 Lunchtime News 13:30 Yilungelo Lakho 14:30 Foreign Children 15:00 YO.TV 16:00 Bona Retsang 16:30 Ba Kae 16:59 Centre Stage 17:28 Devotion Region 18:00 Fan Base 18:30 Skeem Saam 19:00 News 19:30 1's And 2's 20:00 Generations: The Legacy ^R 20:30 Tempy Pushas 21:00 Live Amp 22:00 TBA 00:00 Koze Kuse	05:00 Geleza Nathi 06:00 African Spiritual Realms 06:30 Siyakholwa 07:00 Carl 07:30 YO.TV Mmino 08:00 Mania 08:00 YO.TV What's In The Fridge 08:15 YO.TV Yo Hambo 08:30 Matt Hatter Chronicles 09:00 Mzansi Insider 10:00 Generations: The Legacy (Omnibus) 12:30 Imizwilili 13:30 Sport Magazine 14:00 Soccer 411 15:00 Soccer Build-Up 15:30 Laduma Live 17:30 Roots 18:00 Friends Like These 19:00 News 19:30 Real Goboza 20:00 Soccer Build-Up 20:15 Soccer 22:00 Skyroom Live 23:00 Mzansi Insider	05:00 Geleza Nathi 06:00 Siyakholwa 06:30 Bonisanani 07:00 Carl 07:30 YO.TV 08:00 YO.TV 08:15 YO.TV 08:30 Matt Hatter Chronicles 09:00 Mzansi Insider 10:00 Gospel Gold 11:00 Identity 11:30 The Chatroom 12:00 Big Up 12:30 Roots 13:00 Sunday Chillax 14:00 Real Goboza 14:30 Nedbank Ke Yona 15:00 Laduma 17:30 Code Green 18:00 Joyous 19:00 Celebration 19:30 Sunday Live 20:00 TBA 22:00 The Game 22:30 My Perfect Family 23:00 Gospel Gold 00:00 Koze Kuse	05:00 Aum 05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 YO.TV Paws And Claws 07:00 YO.TV 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy ^R 09:30 Muvhango 10:00 Skeem Saam ^R 10:30 Emzini 11:00 Wezinsizwa 11:00 Shift 12:00 Yilungelo Lakho 13:00 Lunchtime News 13:30 Making Moves 14:30 Matt Hatter Chronicles 15:00 YO.TV 16:00 LOC Youth Region 16:30 Shift 17:28 Aum 17:30 News 18:00 Now Or Never 18:30 Skeem Saam 19:30 Ses'Top La 20:00 Generations: The Legacy ^R 20:30 Uzalo 21:00 Soccer Zone 22:00 My World 23:00 Shift 00:00 Koze Kuse	05:00 Izwi La Bantu 05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 YO.TV Zenzele 07:00 YO.TV 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy ^R 09:30 Muvhango 10:00 Skeem Saam ^R 10:30 Emzini 11:00 Wezinsizwa 11:00 Shift 12:00 Soccer Zone 13:00 Lunchtime News 13:30 Ispani 14:30 Iron Man 15:00 YO.TV 16:00 Teenagers On A Mission 16:30 Shift 17:28 Izwi La Bantu 17:30 News 18:00 Nyan Nyan 18:30 Skeem Saam 19:00 News 19:30 Selimathunzi 20:00 Generations: The Legacy ^R 20:30 Uzalo 21:00 Find Me My Man 22:00 Making Moves 23:00 Shift 00:00 Koze Kuse	05:00 Devotion Region 05:02 Geleza Nathi 06:00 Kids News & Current Affairs 06:30 YO.TV 06:45 YO.TV 07:00 YO.TV 07:15 YO.TV Ilitha Lethu 07:30 Takalani Sesame 08:00 The Bold And The Beautiful 08:30 Isidingo 09:00 Generations: The Legacy ^R 09:30 Muvhango 10:00 Skeem Saam ^R 10:30 Emzini 11:00 Wezinsizwa 11:00 Rise 11:30 Selimathunzi 12:00 Khumbul'ekhaya 13:00 Lunchtime News 13:30 My World 14:30 Hurray For Huckle 15:00 YO.TV 16:00 Bona Retsang 16:30 My World 17:28 Devotion Region 17:30 News 18:00 Remix 18:30 Skeem Saam 19:00 News 19:30 Single Galz 20:00 Generations: The Legacy ^R 20:30 Uzalo 21:00 Khumbul'ekhaya 22:00 Sports @10 23:00 Soccer

Top Pick This Week



Ispani

GETTING COSY THERE, KRISTEN?

SPOTTED getting all lovey dovey (or at least pretending to be) were *Twilight*'s **Kristen Stewart** and *The Social Network*'s **Jesse Eisenberg**. The 'loving' pair was getting up close and very personal in New York on the set of an as yet untitled project from Hollywood legend **Woody Allen**. Wonder what this film has in store for us!

FUN FACT

KRISTEN has two adopted brothers – Dana and Taylor.

FUN FACT

HARRY POTTER

author **J.K. Rowling**'s full name is actually just 'Joanne Rowling'. She added the 'K' after publisher's requested she have two initials in her name.

YOUR backstage pass to the best movie and TV sets.



FUN FACT

SELMA auditioned for the role of Buffy in *Buffy The Vampire Slayer*, which she lost to **Sarah Michelle Gellar**, whom she would go on to star alongside in the film *Cruel Intentions*.

FANTASTICALLY BEASTLY

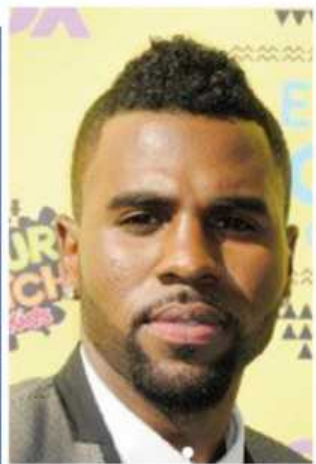
CALL us SUPER excited, because we recently got a shot of the production of the upcoming *Harry Potter* spin-off, *Fantastic Beasts And Where To find Them*! This particular scene was shot near St George's Hall, Liverpool, and while this is just a snap of a few extras, the film does star famous hotties **Eddie Redmayne** and **Colin Farrell**. The story takes place around the 1920s, about 70 years before the *Harry Potter* series takes place. *Fantastic Beasts And Where To Find Them* will be released worldwide on November 18, 2016.



THE BLAIR STITCH PROJECT

THEY say life begins at 40, and **Selma Blair**, at 43, is certainly a living testament to that! The *Hellboy* actress was recently spotted on a photoshoot for LA clothing brand SaVous, and boy, she's smoking hot! It's been a while since we've seen the actress on the big screen, and for a second we thought she'd disappeared. But no, she's still around, and is currently filming scenes for upcoming true crime series *American Crime Story* alongside **John Travolta** and **David Schwimmer**. No news is available yet as to the SA premiere date of *American Crime Story*.

Celebs Having Their Say On Twitter...



You Said What?

"Proud to be a part of a society that celebrates intelligence and intellect." – **Ayanda Thabethe**

"I'm over people with no respect for themselves which then turns into disrespect for others." – **Jordin Sparks**

"'Speaking English' remark I made was directed to a specific table. It wasn't literal, just a figure of speech when someone isn't responding." – **Jason Derulo**



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PEOPLE 67

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Informercials	05:30 Living Land	05:30 Living Land	05:57 Motheo	05:30 Living Land	05:30 Living Land	05:30 Breaking New Ground
05:30 Living Land	05:57 Motheo	05:57 Op Pad	06:00 Thabang Thabong	05:57 Motheo	05:57 Motheo	05:57 Op Pad
05:57 Motheo	06:00 Morning Live	06:00 Thabang	06:30 Hug A Tree	06:00 Morning Live	06:00 Morning Live	06:00 Morning Live
06:00 Morning Live	08:00 Parliament: A View From The House	06:00 Thabong	07:00 Morning Live	08:00 Parliament: A View From The House	08:00 Parliament: A View From The House	08:00 Parliament: A View From The House
08:00 Parliament: A View From The House	09:00 Inside The Baobab Tree	06:30 Inside The Baobab Tree	08:30 Simcha	08:30 Magical World Of Luna-Belle	09:00 Inside The Baobab Tree	09:00 Inside The Baobab Tree
09:00 Inside The Baobab Tree	09:30 Tree Fu Tom	07:00 Morning Live	09:00 Issues Of Faith	09:15 Magical World Of Luna-Belle	09:30 Moonbeam Bear And His Friends	09:30 Moonbeam Bear And His Friends
09:30 Moonbeam Bear And His Friends	10:00 Takalani Sesame	08:30 House Call	10:00 Hosanna	09:30 Moonbeam Bear And His Friends	10:00 Takalani Sesame	10:00 Takalani Sesame
10:00 Takalani Sesame	10:30 Rivoningo	09:30 Thukuta	10:30 Psalmed	10:00 Takalani Sesame	10:30 Rivoningo	10:30 Sports Lifestyle
10:30 Rivoningo	11:00 Mother Of All Professions	10:00 Athletics Alive	11:00 Saath Phere	11:00 Super Nanny	11:00 Words And Numbers	11:00 Roughing It Out
11:00 Women In Science	11:30 Ngula Ya Vutivi	10:30 Sportview	12:00 Mela	12:00 Rands With Sense	11:30 How Do They Do That	12:00 It's For Life
12:00 Love That Girl	12:00 Leihlo La Setshaba	13:00 Takeshi's Castle	13:00 Iyanla: Fix My Life	13:00 Dr Phil	12:00 Talk SA	12:30 48 Hours
12:30 In The Name Of Love	05:30 When Duty Calls	13:30 Muvhango (Omnibus)	14:00 Pasella	14:00 7de Laan R	12:30 Golden Years	13:00 Dr Phil
13:00 Dr Phil	13:00 Interface	16:00 TBA	14:30 Musiek Roulette	14:30 Mali	13:00 Dr Phil	14:00 7de Laan R
14:00 7de Laan R	14:00 Speak Out	18:00 Wipeout USA	15:30 7de Laan (Omnibus)	15:00 Skeem Saam	14:00 7de Laan R	14:30 Mali
14:30 Mali	14:30 Mali	19:00 Nuus	18:00 Gospel Classics	15:30 Muvhango R	14:30 Mali	15:00 Skeem Saam
15:00 Skeem Saam	15:00 Skeem Saam	20:00 Gauteng Maboneng	19:00 Nuus	16:00 Hectic Nine-9	15:00 Skeem Saam	15:30 Muvhango R
15:30 Muvhango R	15:30 Muvhango R	20:30 TBA	19:30 News	17:00 Dragon Ball	15:30 Muvhango R	16:00 Hectic Nine-9
16:00 Hectic Nine-9	16:00 Hectic Nine-9	23:00 Afro Café	20:00 Majakathata	17:30 News (Venda/ Tsonga)	16:00 Hectic Nine-9	17:00 Dragon Ball
17:00 Snake Park	17:00 Siyaya Come Wild With Us	00:00 Mali	20:30 Interface	18:00 When Duty Calls	17:00 Dragon Ball	17:30 News (Venda/ Tsonga)
17:30 News (Venda/ Tsonga)	17:30 News (Venda/ Tsonga)	00:30 Deutsche Welle	21:00 Greatest Moments	18:30 7de Laan	17:30 News (Venda/ Tsonga)	18:00 Motswako
18:00 Leihlo La Sechaba	18:00 Pasella		22:00 Person Of Interest	19:00 Nuus	18:00 Ngula Ya Vutivi/ Zwa Maramani	18:30 7de Laan
18:30 7de Laan	18:30 7de Laan		23:00 Smallville	19:30 News	18:30 7de Laan	19:00 Nuus
19:00 Nuus	19:00 Nuus		01:00 Deutsche Welle	20:00 Pretty Little Liars	19:00 Nuus	19:30 News
19:30 News	19:30 News			21:00 Muvhango	19:30 News	20:00 Love That Girl
20:00 Jamie Foxx Show	20:00 Musiek Roulette			21:30 Ga Re Dumele	20:00 All Of Us	20:30 Maropeng
20:30 La Familia	21:00 Muvhango			22:00 TBA	20:30 Maropeng	21:00 Muvhango
21:00 Muvhango	21:30 Dinnete Tsa Bophelo			02:00 TBA	21:00 Muvhango	21:30 Mamello
21:30 Speak Out	22:00 In The Name Of Love			03:00 Dr Phil	21:30 Powerball	22:00 Afro Café
22:00 Unusual Suspects	22:30 Boxing Magazine			04:00 Deutsche Welle	21:34 Gospel Classic	23:00 The Secret Circle
23:00 Person Of Interest	23:00 Smallville				22:30 Psalmed	00:00 TBA
00:00 TBA	23:30 Mali				23:00 TBA	01:00 Dr Phil
01:00 Dr Phil	00:00 Deutsche Welle				00:00 Dr Phil	02:00 Mali
02:00 Mali					01:00 Mali	02:30 Deutsche Welle

Top Pick This Week



Hectic-9

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 AM Shopping	05:00 AM Shopping	05:00 AM Shopping	05:00 AM Shopping	05:00 AM Shopping	05:30 Kiddies	05:00 AM Shopping
05:30 Snazzy Stories	05:30 Snazzy Stories	06:00 Magic Cellar	06:00 Takalani Sesame	05:30 Kiddies	06:00 Espresso	05:30 Kiddies
06:00 Espresso	06:00 Espresso	06:32 Mickey Mouse Clubhouse	06:30 Mickey Mouse Clubhouse	06:00 Espresso	08:30 Dr Oz Show	06:00 Espresso
08:30 The Real	08:30 Dr Oz show	07:00 Arthur	06:33 Thundercats	08:30 Dr Oz Show	09:30 Days Of Our Lives	08:30 Dr Oz Show
09:30 Days Of Our Lives	09:30 Days Of Our Lives	07:30 Creature Club	07:03 Arthur	09:30 Days Of Our Lives	10:30 Generations: The Legacy	09:30 Afternoon Express
10:30 High Rollers	10:30 Generations: The Legacy	08:00 Gloss It Up	07:30 Garbage Gallery	10:30 Generations: The Legacy	11:00 Isidingo R	10:30 Generations: The Legacy
11:00 Isidingo R	11:00 Isidingo R	08:30 Technorati	08:00 Creature Club	11:00 Isidingo R	11:30 7de Laan	11:00 Isidingo R
11:30 7de Laan	11:30 7de Laan	09:00 Cooking Magic	08:30 Jakkals	11:30 7de Laan	13:00 News	11:30 7de Laan
12:00 Magnum PI	12:00 Miami Vice	09:30 Which Way	09:00 Wanna Be Young Designers	12:00 Kojak	13:27 Africa News Update	13:00 News
13:00 News	13:00 News	10:00 Violetta	09:30 Urbo: Radical Adventures Of Pax Africa	13:00 News	14:00 The Meredith Vieira Show	13:00 News
14:00 The Meredith Vieira Show	14:00 The Meredith Vieira Show	10:30 Music Moves Me	10:00 New Day	14:00 The Meredith Vieira Show	15:00 The Real	14:00 The Meredith Vieira Show
15:00 The Real	15:00 Clover's Big Little Cook Off	11:00 An Nur	10:30 Isidingo (Omnibus)	15:00 The Real	16:00 Afternoon Express	15:00 The Real
16:00 Afternoon Express	16:00 Afternoon Express	12:30 The Bold And The Beautiful	12:30 Top Billing R	16:00 Afternoon Express	17:00 Days Of Our Lives	16:00 Afternoon Express
17:00 Days Of Our Lives	17:00 Days Of Our Lives	15:00 America's Next Top Model	13:30 Survivor	17:00 Days Of Our Lives	18:00 The Bold And The Beautiful	17:00 Days Of Our Lives
18:00 The Bold And The Beautiful	18:00 The Bold And The Beautiful	16:00 Man Cave	14:30 Shorts	18:00 The Bold And The Beautiful	18:30 News	18:00 The Bold And The Beautiful
18:30 News	18:30 News	16:30 Total Blackout	16:30 Clover's Big Little Cook Off	18:30 News	19:00 Isidingo	18:30 News
19:00 Isidingo	19:00 Isidingo	17:30 Classic Car Show	17:30 50/50	19:00 Isidingo	19:30 High Rollers	19:00 Isidingo
19:30 Top Billing	19:30 Total Blackout	18:30 News	18:30 Minute To Win It	19:30 High Rollers	20:00 Missing	19:30 High Rollers
20:30 Man Cave	20:30 Minute To Win It	19:00 Magic With Mo	19:00 Fokus	20:30 Survivors	21:00 The Good Wife	20:00 Roer Jou Voete CSI
21:00 Girl Eat World	21:30 Club Culture	21:30 The Jungle Book	19:30 Lindsey Vonn	21:30 Two And A Half Men	22:00 Desperate Housewives	21:00 CSI
22:00 Supernatural	22:30 Nikita	23:00 Desperate Housewives	20:30 Special Assignment	22:00 CSI	23:00 Fokus	22:00 Californication
23:00 Those Who Can't	23:25 Sports Wrap	00:30 Roer Jou Voete	21:00 Louis Theroux	23:00 Special Assignment	00:00 Magnum PI	22:30 The Mentalist
00:00 Miami Vice	23:30 Fokus	01:30 An Nur R	22:00 Arrow	00:00 Airwolf	01:00 The Meredith Vieira Show	23:30 Special Assignment
01:00 The Meredith Vieira Show	00:00 Miami Vice	02:00 Sadhana	23:00 Extreme Makeover	01:00 The Meredith Vieira Show	02:00 3 Talk R	00:00 Kojak
02:00 3 Talk R	01:00 The Meredith Vieira Show	02:30 DTV	00:00 Airwolf	02:00 3 Talk R	03:00 Steven And Chris	01:00 The Meredith Vieira Show
03:00 Top Billing R	04:00 The Bold And The Beautiful	03:00 Fokus	01:00 Days Of Our Lives (Omnibus)	03:00 Steven And Chris	04:00 Dr Oz Show	02:00 3 Talk R

On The Box This Week



The New Atlanta, Mondays At 19h30 On BET.

THINGS go crazy when **Emily** and **Alex** get into another heated argument at **Africa's** birthday party. **Tribble** gets **Africa's** number in the hopes of pursuing a new relationship.



Teen Mom 2, Thursdays At 21h15 On MTV.

AFTER **Nathan** is arrested, **Janelle** pleads with him to stay together. Overwhelmed by divorce and custody threats, **Leah** needs to make an important decision.



The Amazing Race: Australia Vs New Zealand, Sundays At 19h35 On Sony Channel.

CONTESTANTS from Australia and New Zealand will race through 10 countries over six continents, a journey of 90 000km, all while trying to win the ultimate prize.

NEWS and views from
the world of reality
television.

Reality Bites

BY EL BROIDE



DJ Arch Jr Wins SA's Got Talent!

THREE-YEAR-OLD **DJ Arch Jr** took the world by storm when he auditioned for the new season of *SA's Got Talent* earlier this year and after weeks of wowing the judges and audience at home, the DJ was officially crowned the winner on the show's epic season finale! With his impressive ear and banging tunes, the DJ took home an impressive R500 000 prize which will reportedly be put into a trust fund to pay for his education and to improve his living conditions. "We are just going to keep on doing what we're doing. He's still young and there is still a lot that will happen as he grows and matures. For now, he's still a kid and he's just going to continue as he does...Tomorrow is another day," his father Glenn said moments after he stepped off stage. Although **DJ Arch Jr's** DJing is impressive,

other DJs have come forward saying that the star didn't deserve the win due to his lack of beat matching and mixing. "This is an insult to every other DJ that's been working their balls off trying to make it in this industry," says one disgruntled DJ on Facebook. "Is this kid talented? Sure. Without a doubt the best three-year-old DJ around but he is nowhere near worthy/ready or deserving of winning a huge competition like this." Another says "It makes me sick to think we have so many great up-and-coming and even established artists locally who can't land a sponsor or even an interview, yet we have this cr*p being highly run by media and corporates."

Marnie Simpson Quits Geordie Shore

SAY it isn't so! After joining the hit show in its seventh season, **Marnie Simpson** has confirmed that the 11th season of *Geordie Shore* will be her last. The reality star reportedly got into a heated row with the show's producers about her proposal and how it should be shown on the show. **Ricky Rayment** proposed to the star on a beach in Zante, Greece, although he has since called off the engagement. "Being part of *Geordie Shore* was amazing and one of the best experiences I've ever been given and I will never forget it, but I couldn't continue on the show...it wasn't fun for me anymore and I didn't enjoy it," she said in a statement. "Given a choice on the day of my engagement, say 'no' and continue with *Geordie Shore* or say 'yes' and leave it for good, I choose to get engaged to **Ricky** and say goodbye to the show – a decision I'm still extremely happy with." Despite ending her romance with **Ricky**, **Marnie** will not return to film the show's upcoming 12th season.



E!'s New Show – Famously Single

THE folks at E! have always been on top of their game when it comes to reality TV and this week, they announced a brand new celebrity-filled show, *Famously Single*. The "finding love"-style reality show will feature **Brandi Glanville**, **DJ Pauly D**, former *Bachelorette* star **Josh Murray**, singer **Aubrey O'Day**, model **Jessica White**, **Somaya Reece**, **Willis McGahee** and **Calum Best**. "The unscripted project centres on eight lovelorn celebrities who move into a loft in downtown Los Angeles together to get to the root of their romantic problems. By revealing the truth behind their public breakups and bad relationships, and with the help of a team of experts, the participants attempt to identify and solve their relationship issues once and for all," the channel said in a statement. This is right up our alley!



Josh Murray



DJ Pauly D



Brandi Glanville



Jessica White



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PEOPLE 69

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:00 Grassroots	05:00 Life By Design	05:00 Medical Detectives	05:00 Infomercial	05:00 Creflo Dollar	05:00 Hillsong	05:00 Die Woord
05:30 e-News Sunrise	05:30 e-News Sunrise	05:30 Infomercials	05:30 Joseph Prince	05:30 e-News Sunrise	05:30 e-News Sunrise	05:30 e-News Sunrise
06:00 e-News Sunrise	06:00 e-News Sunrise	06:00 The Planet's Funniest Animals	06:00 Die Woord	06:00 e-News Sunrise	06:00 e-News Sunrise	06:00 e-News Sunrise
08:00 e-News Sunrise	08:00 e-News Sunrise	06:35 Cool Catz	06:30 Creflo Dollar	08:00 e-News Sunrise	08:00 e-News Sunrise	08:00 e-News Sunrise
08:30 Infomercials	08:30 Infomercials	07:00 Quiz Time	07:00 Grassroots	08:30 Infomercials	08:30 Infomercials	08:30 Infomercials
09:00 Rhythm City	09:00 Rhythm City	07:05 Cool Catz	07:30 Hillsong	09:00 Rhythm City	09:00 Rhythm City	09:00 Rhythm City
09:30 Scandal!	09:30 Scandal!	07:30 Everything's Rosie	08:00 Quiz Time	09:30 Scandal!	09:30 Scandal!	09:30 Scandal!
10:00 Ekse Zwakala	10:00 Hush	07:45 Fireman Sam	08:05 Cool Catz	10:00 e-Shibobo	10:00 Katch It With Khanyi	10:00 Ekse Zwakala
10:30 The Young And The Restless	10:30 The Young And The Restless	08:00 Julius Jr	08:30 Kung Fu Panda	10:30 The Young And The Restless	10:30 The Young And The Restless	10:30 The Young And The Restless
11:30 Checkpoint	11:30 eKasi: Our Stories	08:30 SpongeBob SquarePants	09:00 Max Steel	11:30 Great Expectations	11:30 Great Expectations	11:30 Supernanny
12:00 Makwaya	12:30 Backstage	09:00 Sistahood	09:30 Shiz Niz	12:00 Checkpoint	12:30 Backstage	12:30 Backstage
12:30 Backstage	13:00 News Day 2015	09:30 Scandal! (Omnibus)	11:00 Behind The Gospel	12:30 Backstage	13:00 News Day	13:00 News Day
13:00 News Day	13:30 WWE NXT	11:30 Paternity Court	12:00 WWE Special	13:00 News Day 2015	13:00 News Day	13:30 WWE Smackdown
13:30 WWE Raw	14:30 Bartok The Magnificent	12:00 Hell Date	15:00 America's Got Talent	13:30 WWE Superstars	13:30 WWE Experience	14:30 Quiz Time
14:30 Quiz Time	16:20 Frenzy	12:30 e-Shibobo	16:00 Ultimate Braai Master	14:30 Peppa Pig	14:30 Quiz Time	14:35 Cool Catz
14:35 Cool Catz	16:30 The Steve Harvey Show	13:30 The Planet's Funniest Animals	17:00 WWE Raw	15:00 Everything's Rosie	14:35 Cool Catz	15:00 The Penguins Of Madagascar
15:00 SpongeBob SquarePants	17:30 Just Shoot Me	14:05 Bartok The Magnificent	18:00 e-News Early Edition	15:15 Fireman Sam	15:00 Julius Jr	15:30 Pokémon
15:30 Jackie Chan Adventures	18:00 Club 808: Make Some Noise	16:00 The Planet's Funniest Animal	18:05 I Shouldn't Be Alive	15:30 Transformers: Beast Machines	15:30 Pokémon	16:00 Supa Strikas
16:00 Crazy-e World Live	18:30 e-News Prime Time	17:00 WWE Smackdown	19:00 e-News Prime Time	16:00 Sistahood	16:00 Shiz Niz	16:30 The Steve Harvey Show
16:30 The Steve Harvey Show	19:00 Rhythm City	18:00 e-News Early Edition	19:00 How I Met Your Mother	16:30 The Steve Harvey Show	16:30 The Steve Harvey Show	17:30 Ekse Zwakala
17:30 Just Shoot Me	20:00 Gold Diggers	18:05 Reality Check	20:00 Superman Returns	17:30 Katch It With Khanyi	17:30 Ekse Zwakala	18:00 TBA
18:00 Hush	20:30 16 Blocks	18:30 B&B	23:10 Copycat	18:00 Shikisha	18:00 TBA	18:30 e-News Prime Time
18:30 e-News Prime Time	01:05 16 Blocks	19:00 e-News Prime Time	01:45 Into The Fire	18:30 e-News Prime Time	18:30 e-News Prime Time	19:00 Rhythm City
19:00 Rhythm City	03:05 Machete	19:30 Harry Potter And The Deathly Hallows: Part 2	03:15 Braxton Family Values	19:00 Rhythm City	19:00 Rhythm City	19:30 Scandal!
19:30 Scandal!	04:55 The Planet's Funniest Animals	21:25 Easy A	04:05 Paternity Court	19:30 Scandal!	19:30 Scandal!	20:00 Gold Diggers
20:00 Gold Diggers		00:20 Officer Down	04:35 The Planet's Funniest Animals	20:00 Gold Diggers	20:00 Gold Diggers	20:30 Spina Guluva
20:30 Horrible Bosses		02:00 Easy A		20:30 Coke Studio	20:30 TBA	21:00 WWE Main Event
00:20 Office Party		03:55 Crime Seen		21:00 Umlilo Alliance	21:00 Powerball Draw	22:00 TBA
02:15 Terror Lodge		04:30 House Of Payne		22:00 Burlesque	21:05 Matatiele	00:40 TBA
03:55 House Of Payne				04:05 Rude Awakening	21:35 Z'bondiwe	01:55 Braxton Family Values
04:25 Seinfeld				04:35 The Planet's Funniest Animals	22:05 Checkpoint	04:20 Rude Awakening
					22:35 TBA	04:50 The Planet's Funniest Animals
					00:25 TBA	
					02:00 TBA	
					03:50 House Of Payne	
					04:20 Modern Family	

Top Pick This Week



Horrible Bosses

Synopsis

Copycat

SIGOURNEY WEAVER and **Holly Hunter** takes charge in this nail-biting thriller about a detective and an agoraphobic psychologist who must join forces to catch a serial killer who is copying murderers from the past.

Gig Guide

Where YOU Should Be Seen

November 26 – December 2



Ladysmith Black Mambazo

November 26, International Comedy Festival (Feat. Trevor Noah), Silverstar Casino. Tickets are R120 – R650.

November 26, An Evening With Ladysmith Black Mambazo, The Lyric At Gold Reef City. Tickets are R185 – R370.

November 27, The Whitney Houston Show, Port Elizabeth Opera House. Tickets are R180 – R220.

November 28, FNB Smooth Fest 2015, PSPF Office Park Rooftop, Ingcamu Building. Tickets are R450.

FOR MORE INFO GO TO WWW.COMPUTICKET.CO.ZA



Trevor Noah



Delta Goodrem

WE chat to musicians making waves in the music scene!

NOT only is she one of the incredible coaches on *The Voice Australia*, but Delta Goodrem's new single *Wings* is taking the world by storm! She has had an incredible career so far and things don't seem to be slowing down anytime soon. Now Delta is back in studio recording her next album and El caught up with her to chat about her new music, *The Voice* and her fruitful career so far.

We are obsessed with your new single *Wings*. What do you think it is about the song that people love so much?

The song comes from a place of letting go. Everybody is looking for a new horizon and second chances and choosing to let it all go and remember that these wings are meant to fly... We're free. Everything we need to work out is all within ourselves. It's finding that freedom that everyone relates to.

Being a coach on *The Voice* must be tough. What's the best advice to give contestants?

I keep reminding them to enjoy the moment. I think music is all about moments and creating your next moment. I try to make sure that any artist I have on my team is learning everything that I am giving them and that they walk away thinking that that was the best time.

Surely you've also learned a few lessons. What's the most important one you've learned during your time there?

Wings also came about from the lessons I learned on the show. I felt like I was trying to please everybody when I first started. Then I realised that I just need

to be me – and exactly me. I am a strong-headed woman and I can be quite eccentric at times and I just wanted to be completely free in that chair. Once I did that it just felt so much better.

You've had quite a long, enviable career in music. What's the secret?

The secret is patience. The secret is knowing that this is what I am meant to do in life and never giving up and constantly working on yourself.

Throughout your career, which of your songs are you most proud of?

I'm not being cheesy when I say *Wings*. Also, I am really proud of my recent album *Child Of The Universe*. It's not that it set the world on fire but I was really proud of that album, musically. I will, however, always say *Born To Try* because it's what has really given me my life. It changed the course of my whole life.

What message would you like to send your South African fans?

I'd love to get over there with the music sometime soon; thank you so much for connecting to my music and for embracing me.

What exciting things can we expect from you over the next few months?

It's all about the new record. People are just discovering *Wings* and putting out a new album is my next goal.

Beauty Behind The Madness The Weekend

★★★★

CANADIAN singer **The Weekend** is the talk of the town, and his is one of the most refreshing voices we have heard in years. While this album is predominately an R&B record, there are elements of hip-hop, rock and pop, which make it incredibly mainstream and is bound to get the singer a lot more fans. The tracks are beautifully poetic and while he may touch upon some crude topics, such as his promiscuity and the use of drugs, most of the songs come from an honest place, which is part of the magic. Production-wise, however, we felt that the album was lacking in a few areas which is unfortunate. If just a bit more time was spent on the production, this would have been an instant classic.

El's Favourite Track: *Often*



Form & Function: Part 1 Gangs Of Ballet

★★★

FOLLOWING the success of their latest single, *Always*, Gangs Of Ballet have released a collection of six new tracks on their brand new EP, *Form & Function: Part 1*. This serves as the first of three in their *Form & Function* EP series, since the band revealed that releasing EPs helps them stay fresh and inspired. Each song has its own unique identity and is something so different from the others, like *Ageless* with its blend of blues and electronic sounds, and the soulful, vocal-driven *Nylon*. The band's songwriting skills have clearly developed and they're slowly and surely becoming more and more comfortable with their identity. We must be honest though, we would have preferred one LP to three EPs...

El's Favourite Track: *Nylon*



The Book Of Souls Iron Maiden

★★★★

BELIEVE it or not but *The Book Of Souls* is the 16th studio album from English rockers Iron Maiden. The band changes things up a little this time around, as they release their first ever double album, making this is the longest Iron Maiden album to date. The band is still brilliant at delivering world-class heavy metal and this is testament to that. There is a sense of rawness that really allows the band to share their very core with their listeners, which is something special. Naturally, they aren't everyone's cup of tea, and there are some incredibly long tracks (up to 18 minutes!) which can feel a little too drawn out. But fans of the band will be thoroughly impressed.

El's Favourite Track: *Tears Of A Clown*



TV QUIZ

1. In *Here Comes Your Man*, who saves Annie when Stavros sends a man to kill her?
2. How many languages does Annie speak?
3. What did Auggie say when Eyal asked if he would leave Annie in the Season Three finale?
4. In the Season Five premiere, who asked Annie out on a date?
5. Who was revealed to be the traitor in the Season Three episode *Glass Spider*?
6. What is Annie and her sister's usual pizza order?
7. Who saved Annie's life in the subway?
8. After Auggie is removed from his interim post, who becomes the new head of DPD?
9. What kind of shell did Auggie put the ring in when proposing to Parker?
10. Who did Arthur ask to take over Jai's leadership of the Office of Special Projects?



Covert Affairs air Friday at 20h00 on M-Net Edge.

TRIVIA

1. *Nariyal* is the Indian term for which fruit?
2. What type of creature is a dugite?
3. How many legs do butterflies have?
4. What is a Munro?
5. Where did Moses receive the 10 commandments?
6. What is the national flower of Austria?
7. Which childhood disease is also known as 'rubella'?
8. Which David presented *Juke Box Jury*?
9. What does a Geiger counter detect?
10. Who is Andy Capp's wife?

CELEB QUIZ

1. When was **Adele**'s latest album released?
2. In which country did **George Michael** recently enter rehab?
3. Who claimed he was going to give his *Paula* album away for free?
4. Who was just confirmed as the new *America's Got Talent* judge?
5. Which **Jonas** brother was recently linked to **Kate Hudson**?
6. Who wants his music to be 'boundless'?
7. Which famous rapper, who's dating a **Jenner**, has strict parenting rules?
8. How old is **Lamar Odom**?
9. Which famous *Jersey Shore* star recently tied the knot?
10. How old is **Jay Z**?

Soaps

SKEEM SAAM

NIMZA'S violent side surfaces and he's out for blood. Tbose is about to break yet another heart. A dark cloud descends upon Turfloop High. Enhle takes extreme measures to find out what Tbose is hiding from her. Kamo gets a date, and lies about who asked whom to the dance. Devastating news hits Turf High. Principal Thobakgale may have a riot on her hands. Sonti and Mapitsi, under extreme pressure, start to turn on each other. Tbose is backed into a corner and the truth now has to come out. Disturbing information comes to light that pushes Rachel over the edge of reason. Tbose races against time to save his relationship. Wallet decides to take the law into his own hands.

Skeem Saam, weekdays on SABC 1 at 18h30.

RHYTHM CITY

DAVID urges Thandeka to meet her biological father. Thandeka's loyalty is tested. Doc and Solomon plot ways to keep Thandeka out of David's reach. Fats hires a new hairdresser. Thandeka meets her 'father' for the first time. She's upset with David for ambushing her. Doc and Solomon are in for quite a surprise. Niki thanks Themba for his discretion. Fats tries to keep the deal with Zahr from falling through. Sabelo gambles his last money away. Solomon and Doc are thrown when Thandeka brings Mbulelo home. It's painful to Doc to see how emotionally invested Thandeka is. Solomon eventually says they have to get rid of him. Niki's guilt is making her overcompensate towards Suffocate. Azania turns out to be a disaster as a hairstylist and Fats is about to lose the Miss Sublime business.

Rhythm City, weekdays on e.tv at 18h30.

SCANDAL!

A LETTER which is meant to be read only in the future falls into the hands of its recipient at a very bad time. Thembeke has a sneaky plan, which she unwittingly shares with the enemy. Gloria's latest business scheme sees a colleague roped in as her wary first client. Omphile discovers something that devastates her and her emotional response leads to both anguish and reconciliation for the adults in her life. A trap set by Thembeke backfires horribly, leaving her more out in the cold than ever. Gloria takes devious action to ensure that Stokkies isn't double booked. A terrifying time finally comes to an end in the Ngema house, but for Lindiwe, it feels like the troubles are only just beginning. Naledi placates Thembeke with a lie, and Thembeke attempts to do the same to Quinton. Stokkies has a bad experience, but Gloria manages to convince him to try the same experience again with someone else.

Scandal!, weekdays on e.tv at 19h30.

7DE LAAN

Bonita and Vanessa are now part of the family feud. Ty's plan to sabotage Gita is falling in place. Bernard tries to save the Times' reputation. Kim gets a big surprise when she walks into her living room. Charmaine is fed up with the two brothers. Lesego and Pulane don't get along. Sifiso is fed up with Pulane. Has she gone too far this time? Xander receives a call that could change his life forever. Altus' future is on the line. The police have made a breakthrough in the Croukamp case.

7de Laan, weekdays on SABC 2 at 18h30.

A Two-Minute Chat With SA Superstars

WE catch up with two super talented home-grown stars to find out what they have going on.



Kim Engelbrecht as Sergeant Noma Walker, and Chris Egan as Alex Lannon

NOW this is a familiar face! You'll recognise this woman as the feisty Lolly de Klerk on SABC 3's *Isidingo*. But that was a bygone era! These days the sassy actress is making a name for herself on international television, having recently featured in the post-apocalyptic TV series *Dominion*, and we were thrilled to have a quick catch-up session with her.

Tell us more about your role on *Dominion*.

I play the role of Noma Banks, an intelligent soldier who is secretly an angel sent to watch over a dear friend, Alex.

What's the best part about filming the series?

I enjoy doing the hectic stunts and the thought of holding guns really excite me.

Who did you enjoy working with in this overseas production?

I enjoyed working with fellow co-stars Tom Wisdom, Anthony Head and Christopher Egan. They're definitely the best colleagues a girl can ask for.

You've done South Africa proud – which local actor would you like to work with?

I'm an old school fan and into lead actors like the legendary John Kani.

If you had to sit down with your character Noma Banks, what advice would you give her?

I'd tell her to put less pressure on herself. She basically means no harm because she's very loyal.

Make sure you catch *Dominion*, Mondays at 20h00 on M-Net Edge.

THIS week we also got the chance to chat with talented South African hip-hop artist iFani. The star recently dropped his new album *I Believes In Me*, which is receiving

critical acclaim and loads of radio play at the moment. He let us in on the making of the album, who his dream collab would be with, and where he's headed to next.

How would you describe your music genre?

My style is very unique and diverse! I decided to take the route to stand out from the rest because I wanted to find my own identity and have my own interpretation of hip-hop.

We love your second track *Settle Down*, what inspired that song? Are you planning to settle down anytime soon?

I was in a relationship when I wrote *Settle Down*, but unfortunately it didn't work out.

Speaking of your album, who did you work with?

I worked with a lot of talented acts, like Donald, Musa Sukwene (from *Idols*), Uhuru and George Avakian.

If you were given a chance to collaborate with any artist, who would it be?

Definitely Nigerian artist Davido and the amazing Australian starlet Sia.

iFani's album is available from music retailers nationwide!



BY EUGENIA BOOI

SOAPIE
STAR OF
THE WEEK

ISIDINGO

ZUKISA'S
interview
impresses
Barker, leading

to unexpected opportunities. Nikiwe feels cornered by Lincoln and Katlego, she makes an intense decision. Jean-Marc is surprised when he meets the only woman immune to his charms. Nina and Zukisa come face to face for the first time since the interview. Lincoln tries to talk sense into Nikiwe but finds he can't get through. Angie discovers that Jean-Marc has a spontaneous side after all. **Isidingo, weekdays on SABC 3 at 19h30.**



Lesego Marakalla is Rachael Kunutu on *Skeem Saam*

Juicy Bites

Facts About Lesego Marakalla

- She stars as the feisty Rachael Kunutu on *Skeem Saam*.
- She was born on May 16, 1993 in Limpopo, making her 22 years old.
- *Skeem Saam* viewers love how she portrays her character.
- She once shaved her head completely bald (as you can see).

BINNELANDERS

BRONWYN is on the war path when the Abrahams household gets news about Lexi, and Naomi is emotionally exhausted. Two friends have an honest conversation in Tonik, and Jana and Mia's new friendship might be something of the past. A cat gets his cream – and two rats. Tim shows exactly what kind of man he really is, and Jana gives Herman a stern warning. Karli's innocent question pushes Naomi over the edge, while Rian doesn't like Mia's plans. Theuns delivers a last warning, and someone locks themselves in the storage room. At is very happy with a nurse's decision, and a selfish decision is food for thought. Rian needs to speak to Mia urgently, and Bronwyn needs to make a decision about her future. Herman is not happy with his mother's loyalty, and Naomi wonders if Marinda will be furious with her. Jana gets a romantic SMS, while it is Bronwyn's turn to spin her husband a story. One doctor's uncertainty leads to a strong bond being formed, and a confrontation doesn't have the desired outcome. **Binnelanders, weekdays on kykNET and M-Net Terrestrial at 18h30.**

THE BOLD AND THE BEAUTIFUL

ERIC is caught off guard when he receives a surprise visit from someone from his past who allows him to take a walk down memory lane. Unaware of the ball that Wyatt already got rolling, Hope asks him to not interfere with Liam and Ivy's burgeoning connection. Wyatt encourages Liam to take the next step in his relationship with Ivy. Hope and Ivy take part in a glamorous photo shoot with Amsterdam as the backdrop. Hope's jealousy rears its ugly head when she witnesses the chemistry between Liam and Ivy and the great attention that he shows her. Deacon gets a glimpse into the similarities between Quinn and Wyatt as she informs him on what her son is up to. Hope and Ivy attempt to compete with each other through their modelling during the second part of the photo shoot. Wyatt's plan to push Liam and Ivy closer together begins to take shape. Liam and Ivy take in the sights of the Amsterdam while enjoying each other's company on a romantic boat ride. Hope learns that the romantic plans that she overhears Wyatt making weren't for her, but for Liam and Ivy. Maya begins to reap the benefits of, not only dating a Forrester, but the CEO of the company. Pam gives Ridge relationship advice on how to get back in Katie's good graces. Ridge jumps to Caroline's defence when he witnesses Rick mistreating her.

The Bold And The Beautiful, weekdays on SABC 3 at 18h00.

PEOPLE
EXCLUSIVE
PICS!

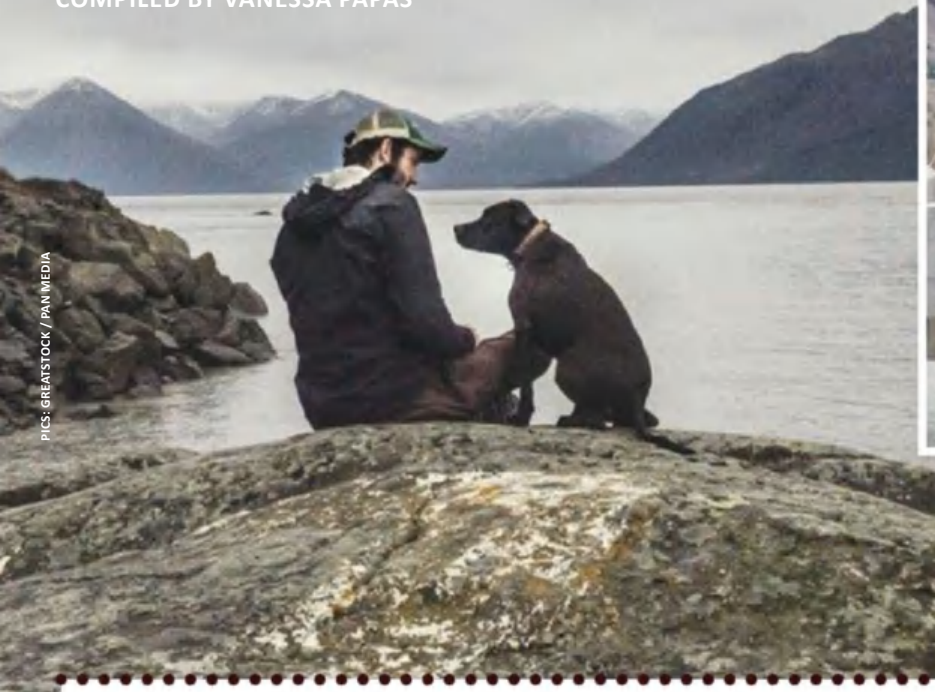


Days Of Her Life

THAT sand through the hourglass must be flowing a little bit faster for **Alison Sweeney**, who, after the announcement that she will be going back to *Days Of Lives*, was spotted at the airport in Vancouver, Canada looking a little more worn than her actual 39 years would have had us expect. **Alison** really wasn't looking her most glamorous in her baggy pants, and sweater – despite the designer Burberry scarf. And it seems she totally forgot to brush her hair!



PICS: GREATSTOCK / PAN MEDIA



Life In A Camper Is A Bark

DWAYNE PARTON and his beloved hound Bobby put their love for the great outdoors – and their friendship – to the ultimate test. Bobby – a lab/pitty mix who loves belly rubs, a good car ride and long naps, and Dwayne – a designer who enjoys building web pages, writing, and taking photos – left their cushy North Carolina home, moved into an old truck rigged up to be a camper, and embarked on an unforgettable journey together. The two buddies headed towards Prudhoe Bay, Alaska, meeting hundreds of new friends along the way and forming incredible memories. Once they reached their destination, they started planning their next journey together. “Bobby came into my life in 2007. We’ve been through lots together, and he’s still with me. He loves riding in the car. There are a few magic words I have to make his ears perk, ‘Car Ride?’ ‘Hike?’ and ‘Hungry?’ are some of his favourites. He’s a great friend and very low maintenance,” says Dwayne. “He’s also super smart, and has a bit of a rebellious streak in him.”

Biker Shows Heart

WHO said bikers are all rough around the edges? A 32-year-old biker and sheet metal worker showed he had a heart of mush when he rescued a badly burnt kitten while riding cross country from Nevada to New Jersey. Pat Doody found the kitty at a petrol station with burns covering parts of its body. Instead of just turning a blind eye, Pat says he couldn’t resist the little bundle, tucked it under his shirt, named him ‘Party Cat’ and decided to take it home with him. “His burns have pretty much all healed up now aside from a small patch,” says Pat. “He’s a chilled little guy. He just hangs out in my vest when we get on the road. I’ve never met a cat so calm.” And we’ve never met a cat so loved!



Jungle Search For Injured Ellie

THE Cambodian jungle is not a place for the faint of heart, but Lek Chailert is not a woman who shies away from a challenge, especially when the life of an injured baby ellie and her mom is at stake. When Lek heard about a young elephant named Kabu, who suffered two broken legs and was still expected to carry daily heavy loads, she decided to help the little ellie. Kabu had wandered off into the jungle, and her mom had followed. After a week of preparation and two full days spent searching for the two, Lek found both baby and mommy. The two traumatised ellies were transported to the Elephant Nature Park in Chiang Mai, Thailand, out of harm's way. Lek was born in the small hill tribe village of Baan Lao, two hours north of Chiang Mai in northern Thailand. Her love for elephants began when her grandfather, a traditional healer, received a baby elephant as payment for saving a man's life. Lek would spend many hours with her newfound friend, named Tongkum (Golden One), resulting in a passion that would shape the rest of her life, as well as the lives of others. Lek went on to form the Save Elephant Foundation and began advocating for the rights and welfare of the Asian elephants in Thailand.



Adopt A Pet Take Me Home

THIS week we have some adorable pets from Friends Of Rescued Animals.

HOW To Adopt Me: If one of us has caught your eye and you're willing to provide us with a loving home, please phone FORA on 082 336 5568 to meet us.

TIPS ON ADOPTING A PET

BEFORE you adopt a gorgeous pet, make sure you have considered the following:

- * Do you travel a lot?
- * Does your complex / neighbourhood allow pets?
- * Do you have a safe and secure home for the new addition?
- * Do you have the time and money to look after a pet?
- * Will you love and care for this animal at all times?
- * Will the animal fit in with your other pets?
- * Ensure the breed is one that suits you and your family.
- * Do you have enough space for the pet to run around?
- * Do you have kids? If yes, take the correct security measures before adopting.



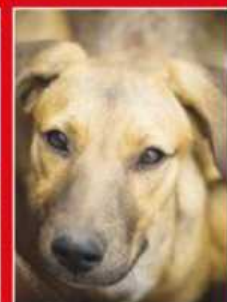
Pudding



Rotti



Tilly



Vincent

Do you have a story for Animal News by Eugenia Booi (with pictures) you would like to share with us? E-mail eugeniab@caxton.co.za and write 'Animal' in the subject line. We will give you R500 if your story is published! You can upload your cute or funny animal videos to our website



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PEOPLE 75



Brothers Jack and Aaron love playing together

Exclusive!

BABY BORN WITH NO BRAIN SPEAKS

THIS is the amazing boy born with no brain – who has just uttered his first word: ‘mommy’.

IT was an incredibly emotional moment for mom Emma Murray, 24, as she lay playing with her two-year-old son Aaron and he spoke her name for the first time. Aaron has amazed doctors so far with his survival, after he was born with no brain. Just minutes after his birth, doctors told Emma that baby Aaron had a very rare health condition known as ‘holoprosencephaly’ which they said left him ‘incompatible with life’.

With Aaron having been born with only a brainstem and not a full brain, Emma was advised to invite her closest family to the hospital to meet her newborn boy before he passed away. But more than two years on, Aaron is not only alive but enjoys giggling and clapping his hands with his big brother, Jack, aged three. And the family were stunned when a few weeks ago, Aaron said ‘mommy’ for the first time.

Emma, who lives in Airdrie, Scotland, says, “When Aaron was first born, I was told there was no way he could survive. I was told he might live for three minutes, three hours or three days. The doctors told me if it had been any of his other organs which had failed to grow, they would have been able to do something but they couldn’t grow him another

brain. But right from the very beginning, Aaron proved he was a real fighter. And I was saying ‘mommy’ to him recently and clapping my hands and he was giggling away. He looked at me, and said ‘mommy’. I couldn’t believe it. I’d been told my son would only live for a few minutes, but now here he was saying ‘mommy’ which is something I never thought I would ever hear.” Aaron was born in March 2013 after Emma was rushed to hospital with what she thought was a burst appendix. She says, “I didn’t know I was pregnant until I was in labour. With my older son, I had no doubt I was pregnant but with Aaron, I had only put on a little weight, I had no sickness or cravings and my periods hadn’t stopped. My mom and dad rushed me

‘My stomach was knotted with anxiety, but all I could do was lie back and wait for some answers.’

to hospital in the middle of the night, thinking I had appendicitis. But as soon as the doctors and nurses examined me, they realised I was about to give birth.”

Emma was transferred by ambulance to another facility where staff quickly realised her unborn baby had a larger head than most infants. As soon as

Aaron was born he was rushed to the neo-natal unit. “I was foggy from all the pain medication

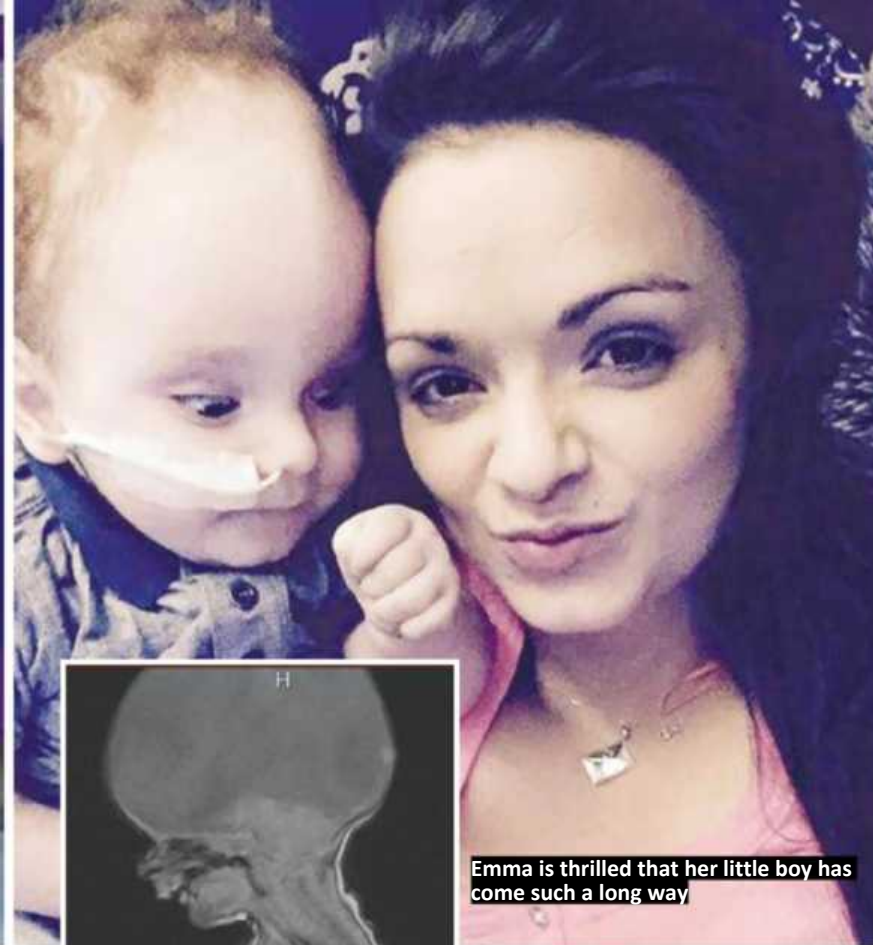
from the birth,” says Emma. “But I could still see that his head was very large. My stomach was knotted with anxiety, but all I could do was lie back and wait for some answers.”

A brain scan carried out on Aaron had revealed only his brainstem had properly formed, and three hours later, Emma was told the hospital could only give him palliative care. He had holoprosencephaly, a birth defect affecting the brain which occurs in approximately two in 10 000 births. The condition can be mild or severe and in most cases, babies affected by the condition die before birth.

“I was absolutely heartbroken. He was hooked up to every machine and had a hat over his head so we couldn’t see the size of it. I just sat by his cot rubbing his little hand. I was in total shock. Everything had happened so fast – I didn’t even know I was pregnant; I’d given birth and been told my baby was going to die all in the same 24 hours.”

Hospital staff helped Emma organise a baptism for her son, but within hours, Aaron’s condition started to improve and they realised he could even breathe unaided.

“For the first few days of Aaron’s life, it felt like everyone was just waiting for something bad to happen but Aaron had other ideas. The doctors explained that Aaron’s brainstem had developed, so he had limited functions. His internal organs worked and he could breathe,



Emma is thrilled that her little boy has come such a long way

Scans of Aaron's head revealed that only his brainstem had developed

see and hear. It seemed like a miracle. I had been told that he would never survive, and he might only be with us for a matter of minutes or hours."

But a week later Aaron was still fighting. He was transferred to another centre where he had surgery to have a shunt fitted into his head to drain some of the fluid. After eight weeks he was allowed to go home and while he returns to hospital for regular check-ups, he keeps well. "Some days, we take one step forward and two steps back – but since he turned one, we have been taking more steps forward than back," say Emma.

The most emotional moment, though, came just weeks ago when Aaron amazed Emma by saying 'mommy' for the first time.

"Since then he's also said 'hello' a few times, too. It really is remarkable. We were told Aaron would always have the mental age of a newborn but we can see he is much more aware than that. He is surrounded by love and you can see he likes to be involved in everything that is going on. His big brother Jack adores him – and sings *Twinkle Twinkle* to him at night which makes him fall asleep. During the day, Aaron giggles away if Jack plays beside him and also if you clap his hands." While Aaron can't walk or support himself, and Emma's family doesn't know what vision he has, they say he is very cuddly and tactile. Emma,

who is separated from Aaron's father, says, "We don't know what the future holds but we know Aaron is a happy, contented boy. Every moment we have with him is precious. When he was first born I was encouraged to make a memory box, full of his things that I could treasure after he was gone. But now I don't put anything in it and I don't focus on what sad thing might happen in the future. I never thought I would ever hear him say anything at all – I burst into tears when he said 'mommy.' It was the most amazing thing I've ever heard in my life."

The family are planning a special Christmas celebration this year. "We are planning a huge family get-together, and Aaron will be so excited as he loves being with people. He loves opening presents. I'm getting him a *Peppa Pig* teddy – he loves watching that programme on TV."

Jill Yaz, from the Association for Spina Bifida and Hydrocephalus (SHINE) says, "This is an extremely rare condition and it's fantastic that Aaron is going beyond any of the doctors' expectations. Because he has some brainstem it helps him to breathe and carry out basic functions – that's how he manages to survive with no brain. It is remarkable that he has managed to survive and say 'mommy' for the first time – it shows how little we really understand about how the human brain works. It can surprise us and do remarkable things. Children with this condition usually die before birth so the fact that he has even survived is astounding."

Strange But True

BY EUGENIA BOOI

One Colossal Cake!

WE have new cake bosses in town: Guinness World Record judge Lorenzo Veltri has confirmed that 300 Italian bakers and designers have created the largest cake in the world, at 16.46m long and 13.94m wide. The cake took four days to create and consisted of a sponge base topped with masses of icing sugar. We wonder if *Cake Boss Buddy Valastro* could create such a stunning success.



Luxurious Car-dboard

WE have seen many things being made with cardboard but never a car! Luxury automobile maker Lexus have revealed their latest model car is made of 1 700 recyclable cardboard sheets! Everything, from the body to the interior to the wheels, is made of cardboard. We can't imagine it'll weather rainy conditions all that well, though.



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PEOPLE 77

PUZZLE ANSWERS

Even Exchange

- Daily, Doily
- Piece, Pierre
- Meager, Meaner
- Lunch, Hunch
- Mound, Mount
- Ballet, Bullet
- Tamer, Timer
- Basin, Basic
- Scout, Shout
- Gravel, Travel

Cryptic Crossword



Codebreaker



Arrow Word



Sudoku

9	7	8	1	5	4	2	3	6
4	6	2	8	3	7	9	1	5
1	3	5	2	6	9	8	7	4
3	8	4	6	9	5	1	2	7
7	5	9	4	1	2	3	6	8
2	1	6	3	7	8	4	5	9
6	9	1	5	4	3	7	8	2
8	4	3	7	2	6	5	9	1
5	2	7	9	8	1	6	4	3

Maths Quiz

5	8	2	4	2	3
9	1	2	4	2	2
4	9	4	0	3	9
8	1	3	0	7	2
8	1	0	3	9	1
1	1	6	6	8	5
7	8	0	2	7	7
1	4	8	1	2	8
4	0	5	4	0	3

Go Figure

6	÷	2	+	5	8
+		+		x	
8	-	4	x	1	4
÷		+		÷	
7	+	9	+	8	24
2		15		13	

Killer Kakuru

1	3	2			1	3	2
2	1	4			2	1	4
1	3		1	9	7	3	1
2	4	5		8	9	2	3
	1	2			1	3	
3	6	8	9		7	9	1
1	4	9	7		9	8	3
	3	1			2	1	
2	4	6		9	7	4	1
1	3		1	8	9	3	3
	1	3	2		1	3	2
	2	1	4		2	1	4

Celeb Wordmatch

PITCH	B	L	A	C	K	HOLE
BIG	C	H	E	E	S	STRAW
BELLY	D	A	N	C	E	MUSIC
CHANNEL	T	U	N	N	E	VISION
TOWN	C	R	I	N	G	SHAME
MONEY	M	A	K	I	N	OUT
RAIN	F	O	R	E	S	FIRE
INK	E	R	A	S	E	HEAD
SCUBA	D	I	V	I	N	BIRD
FIST	F	I	G	H	T	CLUB
DEATH	R	A	T	T	L	SNAKE
SAFETY	R	A	Z	O	R	CLAM

Jumbo Crossword

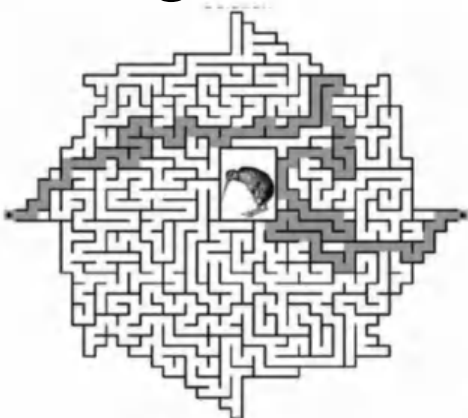
ACROSS: 3. BRAWN 7. MAGIC 11. SCARF 17. ASPIRE 18. HUMID 19. GARTH 20. AERIAL 21. ACRID 22. GHOUL 23. RIAST 24. SPOUSE 25. NICHE 26. AVOID 27. SORROW 28. HIVES 29. TRINE 30. CEDAR 31. PEA 32. TOY 33. TOTTER 37. MODISTE 40. ALKALI 44. BREVET 48. CYCAD 50. ALLUDE 51. ZEBRA 53. RETURN 54. PULL 56. OXEN 58. DIN 59. ELICIT 60. AWE 62. ADSORB 63. MUM 65. ADDER 66. ATLAS 67. AMPLE 68. SIGHT 71. TENET 74. KERB 75. AERIE 77. YEAST 79. EYAS 80. PEND 81. MUG 82. HUGE 83. OPAL 84. ESTOP 86. OBESE 88. NEON 89. FLASH 91. TRADE 94. SIDLE 96. KERNE 98. NUDGE 100. ERE 101. RAVINE 102. DOG 103. ANGELS 104. EAR 105. ADAM 109. UNDO 111. KERNEL 112. WHEAT 113. BEANIE 114. BEGIN 116. TRYST 118. ANTLER 120. DROVERS 123. RECEDE 125. COY 128. SIR 130. TWIGS 132. STEMS 134. A PEST 137. REPEAL 138. RAVEL 139. AWARE 140. COGNAC 141. FINAL 142. TERSE 143. ETHAN 144. TARIFF 145. SMEAR 146. SALSE 147. DENNIS 148. YELPS 149. ESTER 150. TRIED

DOWN: 1. CATSUP 2. UP TO DATE 3. BRASH 4. RECEIPT 5. WHINE 6. NUDIST 7. MIGHT 8. ADHERED 9. IGUANAS 10. CALVE 11. STRICT 12. CHIDE 13. RANSACK 14. FETOR 15. HIERATIC 16. SLOWLY 34. OVAL 35. TELLERS 36. ELUDING 38. OOZE 39. TRAP 41. LETDOWN 42. ACROBAT 43. LYNX 45. RAPID 46. DEVIATE 47. CREDITS 49. ANNUL 52. BOWL 55. UNDERHANDED 57. EMPTY HEADED 58. DARK HORSE 60. ATTEMPTED 61. EASY-GOING 64. MESSENGER 69. IDEAL 70. HADES 72. ETHER 73. EGGED 76. RUT 78. ALE 85. SHINGLE 87. STAND BY 89. FERMENT 90. ADVANCE 92. AVERAGE 93. EN SUITE 95. IRATE 97. ROBE 99. GAOLS 106. AKIN 107. EWER 108. STIR 110. NERD 115. GAY SPARK 117. YES AND NO 119. LOW LIFE 121. OSTLERS 122. EN MASSE 124. CASCADE 125. CURATE 126. PSALMS 127. BAREST 129. RECESS 130. TAFFY 131. GRASP 132. SETAE 133. SWEAR 135. PETER 136. TONED

Kids Maze



Mega Maze



Scramblers

- Reward; 2. Magnate; 3. Contour; 4. Slumber

Today's Word

GROUNDERS

Sticklers

The answer is "G."

Number Crunch

$$\begin{array}{r} 223 + 387 = 610 \\ + \quad + \quad + \\ 147 + 129 = 276 \\ \hline 370 + 516 = 886 \end{array}$$

Missing Links

7	x	9
63	+	41
104	-	66
38	x	15
570	÷	30
19	+	2
21	x	36
756	+	48
804	÷	12
67	-	55
12	÷	4
3	x	99
297		

General Knowledge Blockword



Sugaru

Monster Sudoku

Kakuru

Tatami

THE PEOPLE BEHIND



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Matthew Engelbrecht

DESIGNER

Courtney Moore

PRODUCTION MANAGER

Yvonne Albers

@baterim

PICTURE EDITOR

Brenda Taylor

ENTERTAINMENT EDITOR

Pearl Mphuthi

pearlm@caxton.co.za

@mphuthi_pearl

NEWS AND ENTERTAINMENT EDITOR

Eugenia Booi

eugeniab@caxton.co.za

@thibi27

DIGITAL EDITOR

Bridgette Matjuda

bridgettem@caxton.co.za

PHOTOGRAPHER

Tamika Miller

JOURNALIST

Zara Briner

OFFICE MANAGER

Vera Fourie

CAXTON MAGAZINE

EDITORIAL OFFICES:

Private Bag X005, Roosevelt Park, 2129.

Caxton House, 368 Jan Smuts Avenue, Craighall Park

Tel: (011) 889-0600

E-mail: people@caxton.co.za

Cape Town: (021) 530-8600

Durban: (031) 910-8500

MANAGEMENT

GENERAL MANAGER: Anton Botes

PRODUCTION MANAGER: Sada Reddhi

HEAD OF DIGITAL: Jana Kleinloog

ADVERTISING

GROUP ADVERTISING MANAGER: Eugene Marais

Johannesburg: (011) 293-6000

KwaZulu-Natal: (031) 910-5800

Cape Town: (021) 530-8600

CLASSIFIED SALES

Gary Wium (011) 889-0885

garyw@caxton.co.za

BOOKINGS AND MATERIAL/MEDIA COORDINATOR

Danica Thomas: Tel (011) 889-0614

Fax 086 677 1306

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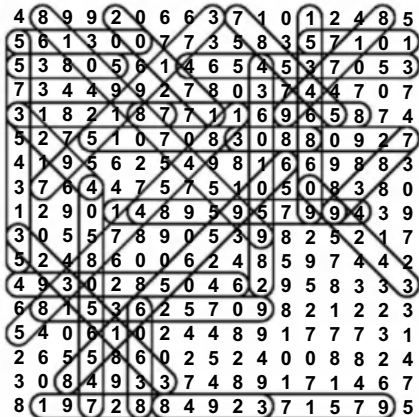
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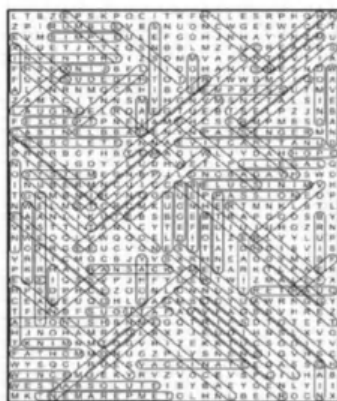
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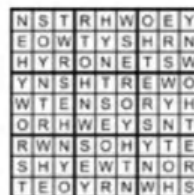
Numbersearch



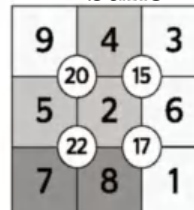
Giant Wordsearch



WordDoku



Suko



Crossword

ACROSS 1) SOCCER 6) SPOUSAL 11) HARLOT 14) EXUDE 15) ALIVE 16) MEALIE 17) NICKELS
18) LENGTH 19) FLOOD 22) SPERM 25) BASIC 26) PRINT 29) ROBOT 30) LITTLE 31) ISAHIAH
32) PLUMB35) CHARM 36) IRKED 39) LEGWORK 40) EMITTED 41) LOTTO 42) DIN
44) LET UP 45) CONSERVE 47) AMPUTATE 49) REEL 52) THAT 54) ECRU 55) STIRRUP 57) STAR
58) SHED 59) TAXI 60) ABUT 61) ARTS 62) GEAR 63) ROADWAY 64) ANTI 65) ACHE 69) NODE
72) CINCTURE 73) NOTIONAL 75) BRAWL 76) DOG 78) INDIA 79) USURERS 82) IMPOSED
84) MIDGE 87) PAGED 88) OARED 91) TSOTSI 92) ERASER 93) BACON 94) NANNA 97) SPOON
98) ETUDE 101) TEMPO 104) GIMBAL 105) CLAMOUR 106) VIRGIN 107) AMISH
108) USAGE 109) DEVEIN 110) OPENING 111) RULING

DOWN 2) OVERALL 3) CALCIUM 4) REEF 5) LUDO 6) SEND 7) OSCAR8) STERN 9) LASS
10) WINE 11) HELM 12) RANCOUR 13) OUTCOME20) LYING 21) OUTMODD 23) PLATINUM
24) ROAST 26) PECK 27) IRAQI 28) TIME 32) POLAR 33) UNTIE 34) BLOC 36) IDLE
37) KETCH 38) DEPOT 42) DEDICATED 43) NARROWING 46) NEUTRON
48) ABSTAIN 50) ETHIC 51) LEDGE 52) TRAIN 53) ACTED 55) SIR 56) PAY 65) ALBUM
66) HEARD 67) ATTESTED 68) TIN PLATE 70) ORDER 71) ELAND 72) CLUE 74) LIDO 77) ORGAN
80) UPSET 81) SPIN 82) IDEA 83) SHEEP 85) IMAGINE 86) GOODBYE
89) APPAREL 90) EROSION 95) AWARE 96) NAOMI 98) ELAN
99) UNIT 100) ECHO 101) TRUG 102) MEAL 103) OVER

Spot The Difference

1. Towel is missing 2. Pocket is missing 3. Arm is moved 4. Airplane is missing 5.
Sand trap is smaller 6. Club is different

Trivia Answers

TV Trivia: 1. Teo 2. 7 3. 'I'd never leave her' 4. Ryan 5. Lena
6. Have anchovies half Hawaiian
7. Ben Mercer 8. Calder
Michaels 9. Oyster 10. Auggie

Trivia: 1. Coconut 2. Snake
3. 6 4. Scotland 5. Mount Sinai
6. Edelweiss 7. Measles
8. Jacobs 9. Radioactivity
10. Flo

Celeb Trivia: 1. November 20,
2015 2. Switzerland 3. Robin
Thicke 4. Simon Cowell 5. Nick
Jonas 6. Sam Smith 7. Tyga
8. 35 9. Jenny JWOWW Farley
10. 45

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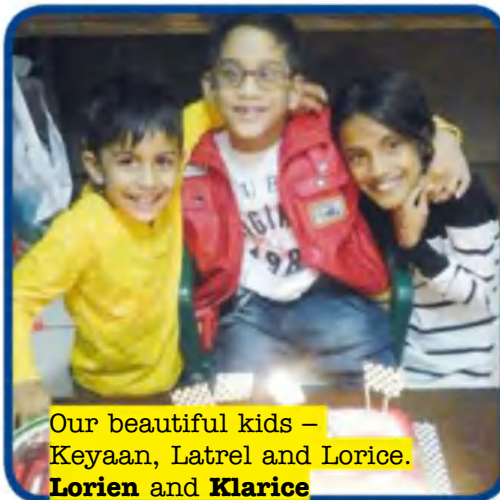
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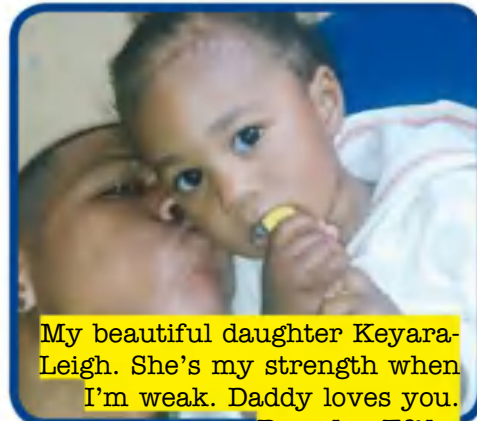


Dear people

HI everybody! Send only one pic to dearpeople@caxton.co.za with your name and a caption, and put the photo category in the subject line. If your pic doesn't appear on our Dear **people** page, go to the Dear **people** gallery on our website (www.peoplemagazine.co.za) where you can upload your own photos!



Our beautiful kids – Keyaan, Latrel and Lorice.
Lorien and Klarice



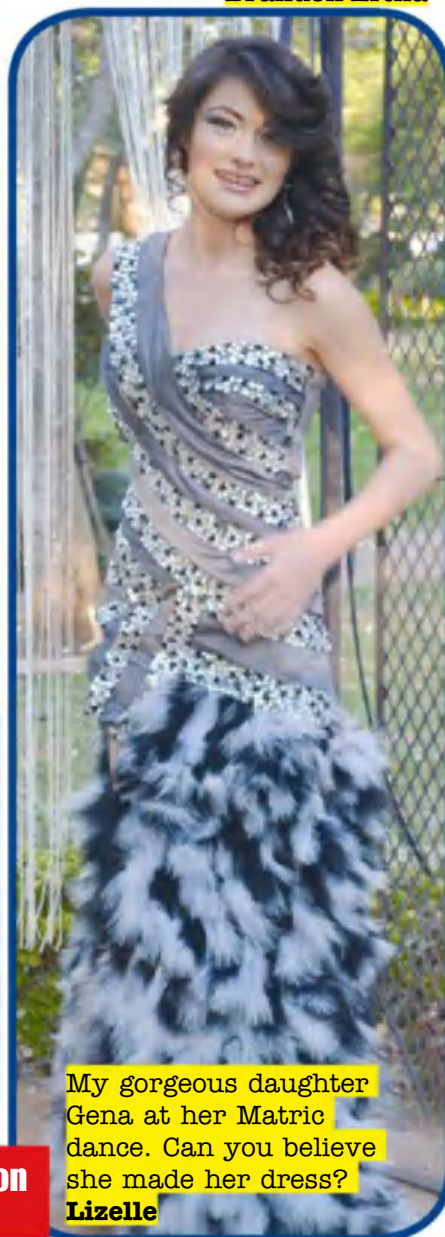
My beautiful daughter Keyara-Leigh. She's my strength when I'm weak. Daddy loves you.
Brandon Eftha



Crazy, happy moments with my angel...
Khutso Cognac Martini



Our Gothic/Rugby wedding. Loved every moment.
Cezanne Brits



My gorgeous daughter Gena at her Matric dance. Can you believe she made her dress?
Lizelle

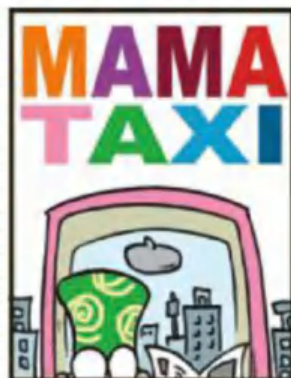


My wife Thubelihle and our lastborn, Luyanda Vuyolihle Benediction Hans. I love them to bits...
Vuyani Hans



My adorable grandkids Nurjahan and Mohamed Farhan celebrating Heritage Day at Zoo Lake in Joburg. Lots of love.
Rukshana Layloo

See more pictures, or upload your own on www.peoplemagazine.co.za



HAVE YOU SEEN THEM?

THE largest number of missing children worldwide are runaways, then family abductions, being lost or injured, and non-family abductions.



MXOLISI HAMILTON MTHETHWA
Disappeared: August 16, 2015
Age: 22
Mxolisi left home in Orange Farm and has been missing ever since.



GLADYS MOKYELE
Disappeared: August 10, 2015
Age: 24
Galdys left home in Evaton and has been missing ever since.



GADINKAME SYLVIA MOAHLODI
Disappeared: August 12, 2015
Age: 45
Gadinkane left home in Orange Farm and has been missing ever since.



MATOME SHADRACK MALEPE
Disappeared: May 11, 2015
Age: 47
Matome left home in Phalaborwa and has been missing ever since.

HELPLINES

POWA: Telephone: (011) 642-4345/6
E-mail: info@powa.co.za
Web: www.powa.co.za
Rape Crisis (021) 447-1467
E-mail: info@rapecrisis.org.za
Web: www.rapecrisis.org.za
Lifeline (011) 715-2000 / 0800 012 322
Childline 082 233 2333 or 0800 055 555
SAPS Family Violence, Child Protection And Sexual Offences Unit (FCS) (011) 403-3413
Teddy Bear Clinic (011) 481-5161
Aids Helpline 0800 012 322, or (011) 880-0405
Web: www.aidsinfo.co.za
Anorexia and Bulimia Family Support Group (011) 640-1965
Web: www.edsupport.co.za
Cancercare Centre (011) 646-5628
SA Depression & Anxiety Support Group (SADAG)
(011) 783-1474 or (011) 884-1797
Alcoholics Anonymous South Africa (011) 452-9907
SANCA (011) 482-1070
Gamblers Anonymous 0800 006 008

IF you think you've seen any of these people, or would like to report a missing person, contact the Bureau For Missing People on (012) 393-2005, or fax (012) 393-2012. Missing people can contact the bureau to let them know they're alive and well – even if they don't want to get in touch with family.

IN South Africa alone, almost 1 000 children are reported missing every year. The actual figure is probably much higher. Currently the police have an 82 percent success rate finding the children. Ideally they'd like to achieve a 100 percent success rate. But they need your help! Have you seen any of these people?

TELL US YOUR STORY.
E-mail eugeniab@caxton.co.za.
WE PRINT, WE PAY!

My Stories

Tormmented Soul

AT the age of nine this reader's world was shattered. Here's her story.

“I WAS sexually abused by my cousin who was 26 at the time, a cousin who I adored and was more like the bigger brother that I always wanted. I trusted him completely and never did I imagine he would hurt me like this. I am now 25 and I can still remember everything like it was yesterday. In fact I can still feel him, every movement he made.

The day started well because it was school holidays and I was staying at my sister's. He lived with her because he was having problems with his parents over his decision to convert to Islam. He was always a troubled person and a loner, but everyone loved him because he always seemed sweet and caring. So that day I waited for him to come home from work, because we would

usually go for a walk. This day was different, though. Instead, he said my older brother and my mother were coming over for a visit. During their visit they decided they were going to sleep over. My mom was to share a bed with me so that my sister would be able to take care of her baby. It was not long before my cousin came into the room and onto the bed that my mother and I were sharing. He climbed in between us and started touching my vagina. It was painful. I was lying there crying and praying quietly for it to stop. I had

gone completely numb and just wanted it to be over. In the background I could hear a certain song playing and, when the song had finished, he got up and walked out, leaving me in tears. Because I knew the song well, I knew it had taken three minutes and 45 seconds for him to rob me of my innocence. That night I could not sleep and just wanted to get out of there. The next day as soon as we got home I washed and went straight to my cousin Candice and told her everything. She advised me to tell my mom and I did. Mom didn't say much, just that she would let my sister know. I waited to hear the verdict. My sister spoke to my mom and said my

cousin had told her that he remembered nothing about that night. I was shattered. How could they let him get away with doing this? Then, at the age of 13, it dawned on me what had really happened. Just like that, everything made sense: I realised my mom was awake the entire time he was abusing me and she did nothing to stop him. She was supposed to be my protector. Even my own sister chose to ignore the incident. I became depressed and started isolating myself from everyone and living in my own world that I had created in my mind. It was my safe place. I started cutting myself and burning myself with candle wax because I wanted to scar my body so that no man would find me attractive. I was terrified of men. I lived in my room and would drown myself in rock music because their songs

‘I had gone completely numb and just wanted it to be over. In the background I could hear a certain song playing and, when the song had finished, he got up and walked out, leaving me in tears.’

told my story. I hated God for letting this happen. All I wanted to do was forget the whole thing, but the more I tried to forget, the more I remembered. I hated my mom for allowing him to do this. He took away my innocence. I planned to commit suicide and left letters to everyone and took an overdose of tablets. I passed out and when I woke up I was in hospital. I was alive.

That's when I decided that I would not allow them to take away what little innocence I had left. Today I am married with two beautiful girls and I protect them the way my mother should have protected me. To this day I can remember everything clearly and at times when I think about it I can still feel everything. My cousin is currently on his second marriage and has a boy from his first marriage. I regularly check up on his child because I vowed to myself I would never let him do this to anyone again as long as I could help it. One day everyone will know what he did to me, because I know he thinks he got away with it. He is the monster in the closet that no one believes is there.”

TOLD BY ANONYMOUS / EDITED BY EUGENIA BOOI



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PEOPLE 83

Horoscope

BY WILLIAM SMITH

November 23 – December 22

Sagittarius

ARIES: Mar 21 – Apr 20

Your Week: Take advantage of good or improving conditions. Make popularity and prosperity your immediate goals. Develop your skills. Move now if you desire a change of career. Activities connected with business will prove pleasant and profitable.

Taken: Now an earnest lover and best friend in one, you are easy to get along with.

Single: You can now love and cuddle with a special someone to your heart's content.

Power Days: Monday & Tuesday (fresh opportunities)

Lucky Numbers: 4, 18, 24, 25, 37, 42

LEO: Jul 24 – Aug 23

Your Week: Your world of career, ideas and people should currently be just about all that you want it to be. Plans come nicely together and your aims are being fulfilled. Your application should succeed if you are seeking a better-paid position.

Taken: Create a pleasant atmosphere in your union by curbing all negative thoughts.

Single: You do not want to be alone at this time, so use your charm to attract love.

Power Days: Monday & Tuesday (set long-term targets)

Lucky Numbers: 3, 7, 10, 15, 20, 22

TAURUS: Apr 21 – May 20

Your Week: Show those who are well-positioned to give you a boost that you are ambitious and deserving of their concern and assistance by taking positive steps toward the attainment of your goals. Attract their help by earning their admiration.

Taken: You must sacrifice some of your individual interests so as to create harmony.

Single: You are eager to be charmed and adored. The onus is on you to make it happen.

Power Days: Wednesday & Thursday (start a new diet)

Lucky Numbers: 1, 14, 21, 27, 37,

VIRGO: Aug 24 – Sep 22

Your Week: You are due to display superior intelligence right across the board, and ought to attain impressive results by adopting an unorthodox approach to challenges and problems, and your rather quick reactions should give you an extra vital edge.

Taken: You can count on the getting the loving co-operation of your opposite number.

Single: You could soon be cementing closer ties with an ardent and worthy amorist.

Power Days: Wednesday & Thursday (settle career matters)

Lucky Numbers: 8, 12, 22, 23, 42, 47

GEMINI: May 21 – Jun 21

Your Week: The past may be recalled for you in some way during a term in which a revival of some magnitude could cause you to alter your immediate plan. A pleasurable encounter with someone you have not seen for years is a distinct possibility.

Taken: This is a fine time for enjoying love and friendship within your relationship.

Single: This session provides you with plenty of pleasure of the romantic variety.

Power Days: Monday & Tuesday (seek co-operation)

Lucky Numbers: 4, 7, 8, 12, 16, 22

LIBRA: Sep 23 – Oct 22

Your Week: Assuming that you have hitherto being under a lot of pressure, have carried a heavy load of duties and responsibilities, you may look forward to things easing off somewhat. Seek instant respite from tasks which should not be yours.

Taken: You and your true love can enjoy lots of good loving during this amorous ambit.

Single: If you are heart-free, you may soon fall completely in love with a newcomer.

Power Days: Monday & Tuesday (social activity)

Lucky Numbers: 6, 8, 14, 25, 33, 44

CANCER: Jun 22 – Jul 23

Your Week: Something with a unique flavour could now capture your interest; in fact, it might be the idea of a special holiday that now takes your fancy.

Educational pursuits are also favoured so enrol for a course that can improve your fortunes.

Taken: Make the best of a time for promoting romantic unity in every possible way.

Single: A friendship could flare into love if you are receptive to such an event.

Power Days: Wednesday & Thursday (make new arrangements)

Lucky Numbers: 1, 6, 11, 14, 19, 23

SCORPIO: Oct 23 – Nov 22

Your Week: This is an eminently suitable session for engaging in individual activity. Artistic or intellectual interests are favoured to succeed. Your faculties connected with anything original could spark swift developments so get into an inventive mood.

Taken: Partnership issues can now be satisfactorily resolved via calm discussions.

Single: A new romantic conquest seems likely. Time to make some really bold moves.

Power Days: Wednesday & Thursday (personal concerns)

Lucky Numbers: 2, 14, 24, 29, 35, 48

ASTRO PROFILE

WHAT THE STARS SAY ABOUT...



MILEY CYRUS November 23, 1992

MILEY CYRUS, American actress and singer, born Destiny Hope Cyrus, is the daughter of country singer Billy Ray Cyrus (Virgo); and she is just as egotistical as her father in that she tends to 'go over the top' in promoting herself. She is best known for her starring role in the *Hannah Montana* TV series as well as a string of successful albums. With Sun in Sagittarius and Sagittarius Rising, she is extremely free-spirited and exudes optimism and enthusiasm as well as independence – is actually wholly free-spirited and quite a handful for those who try to advise or direct her. The Moon, Mercury and Pluto

in Scorpio unveil intense emotionalism and stubbornness. Mars in Cancer makes her ambitious and sensuous – tenacious in pursuing her career goals and romantic whims. Venus, Uranus and Neptune all posited in Capricorn is a good augury for success – unless she self-destructs, by overreaching herself, while pursuing fame and fortune.

SAGITTARIUS: Nov 23 – Dec 21

Your Week: This ambit highlights financial interests and indications are that initiatives you took hitherto will begin to pay better dividends. If you are seeking sound financial advice or have a problem to contend with, get things sorted out now.

Taken: You can now easily rejuvenate it assuming your relationship has been shaky.

Single: An ex-flame is showing renewed interest. It could lead to a romantic replay.

Power Days: Monday & Tuesday (pursue worldly goals)

Lucky Numbers: 1, 9, 17, 20, 38, 40

AQUARIUS: Jan 21 – Feb 19

Your Week: Focus on family matters and while you are doing so, remember that comfortable surroundings and warm relationships are great sources of domestic bliss. Your efforts to resolve problems and establish harmony should reap fine dividends.

Taken: Safeguard your love attachment. Give more time and attention to shared aims.

Single: You will get a positive reaction if you express your feelings about someone.

Power Days: Monday & Tuesday (promote new ideas)

Lucky Numbers: 8, 12, 15, 26, 31, 44

CAPRICORN: Dec 22 – Jan 20

Your Week: Your intuition is now very keen so obey its signals and then you will not blunder. You are capable of fine attainments if you set your mind to that end. Approach new ventures bravely because you will readily cope with all challenges.

Taken: A comforting ambience warms your heart and makes your relationship perfect.

Single: It is now a case of you making a choice concerning two interesting admirers

Power Days: Wednesday & Thursday (financial aims)

Lucky Numbers: 9, 17, 22, 26, 38, 49

PISCES: Feb 20 – Mar 20

Your Week: You have your particular brand of charm and you have unique talents and since this is a fortunate period for showcasing your skills, you must give of your very best. You can win approval in high places and gain significant favours.

Taken: Things go your way when you prove to your partner that you are worth loving.

Single: Keep well to the forefront in the social sense. You can attract a new lover.

Power Days: Wednesday & Thursday (resolve family issue)

Lucky Numbers: 3, 13, 17, 25, 35, 49





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Real Life

SURGERY ADDICTION

Nearly Destroyed My Marriage

A FORMER Botox addict has sworn off plastic surgery forever after fillers left her with a 'hole' in her lip.

LISA HIND, 30, loved Botox so much that she even had a prenuptial demanding that her husband pay towards her cosmetic treatments every month.

Lisa's treatments included Botox, lip fillers, semi-permanent make-up, almost daily sunbed sessions as well as hair and nail extensions. In total, Lisa's husband, Steve, 51, had forked out in excess of R900 000 on plastic surgery for his wife since they married in 2007.

But everything changed when Lisa split her lip after falling over whilst on holiday in Benidorm, Spain in August. As Lisa had stuffed her lips with fillers for over eight years, doctors were unable to perform the straightforward procedure of stitching her lip back together.

Instead, Lisa was left with an unsightly yellow hole in her lip and had to wait several weeks to have an operation to drain the fillers out. And she will have to return to hospital to have a further operation as the fillers have ruptured and left a painful sack in her bottom lip. Doctors say she is likely to be permanently scarred from the operation.

Following the accident, Lisa has vowed never to have cosmetic surgery again and she now admits that her obsession with plastic surgery was destroying her marriage.

Personal trainer, Lisa, from Cheshire, says, "I was obsessed with plastic surgery and celebrities. But my addiction to Botox and lip fillers left me with disfigured lips and there's a chance my pout will be scarred forever." Lisa's husband, bus driver Steve Hind, adds, "I was working overtime and took out over R400 000 worth of loans to pay for Lisa's plastic surgery addiction. It almost destroyed our marriage and in the end, almost ruined her looks."

Lisa met Steve eight years ago after getting on a bus that he was driving. He immediately fell for her and proposed to her two weeks later. However Lisa only agreed to marry him on

the basis that Steve paid for all her cosmetic surgery and transform Lisa into her favourite celebrity, **Katie Price** (aka **Jordan**).

Lisa says, "I had always been obsessed with celebrities like **Katie Price**. So I told Steve that if he wanted to be with me, he would have to pay for all my surgery so I could look like **Jordan**. We agreed that he would pay for my treatment. I got my surgery and Steve got a good-looking wife."

Steve explains, "Lisa's addiction to surgery was ruining our marriage in every single way

'People would stare and shout abuse about my looks down the street and I would get into arguments.'

Lisa's lip injury was complicated by the fact that she had fillers

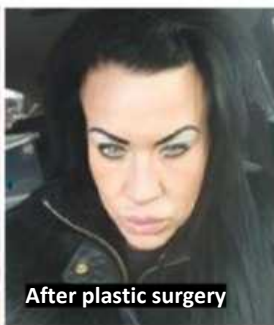


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Before plastic surgery



After plastic surgery

– physically, mentally, emotionally and financially. Our marriage wasn't good at all and Lisa didn't care about 'us' anymore. I was spending more time at work than I was at home. And when I would return to the house, I would drive the 32km journey to Wigan to take Lisa to the Botox clinic." Says Lisa, "My ego had exploded and I was no longer the girl-next-door that Steve fell in love with. Instead, I was a living Barbie doll. It caused tension between me and Steve at home. He would try to tell me that I didn't need surgery and he loved me the way I was but I just wouldn't listen." Lisa's unusual appearance also drew negative attention from the public.

"People would stare and shout abuse about my looks down the street and I would get into arguments. It would make Steve uncomfortable but as my husband, he wanted to defend me," Lisa says.

In early August this year, Lisa and Steve decided to go on a holiday to Benidorm so they could get their marriage back on track.

Lisa says, "The beginning of our holiday was amazing; Steve and I were getting on really well. I don't wear make-up when I'm on holiday and Steve loved to see me relaxed and natural. We were having a great time together and bonding again." But halfway through their break, Lisa had an accident, which would change her life forever.

"I was swimming in the pool but as I walked out of pool, I slipped and fell over. I smashed my lip on the sun lounger and blood was pouring out of my lips."

Steve immediately rushed Lisa to the

hospital where she learned that she had split her lip.

"The doctors told me that I had split my lip but I was relieved to hear that it would only take a few stitches to mend it. But when the doctors returned to have a further look at me, they realised that I had so much filler in my lips and that they wouldn't be able to treat it.

The doctors said that if I had natural lips, they would have been able to put a few stitches in and I would have made a swift recovery. But with all the filler products in my lips, they weren't sure how safe it would be to stitch it up at that point. So instead of leaving the hospital healed, I was left with a disgusting yellow hole in my lip. And the filler had ruptured so that was sticking and leaking out too."

So ashamed by the appearance of her lips, Lisa spent the rest of her holiday locked up in her hotel room. The injury was so painful that Lisa was unable to eat or speak.

Looking at her disfigured lips, Lisa swore off fillers and Botox forever.

"For the rest of the vacation, I was in hiding. I didn't want anyone to see me and I wasn't allowed to expose my leaking fillers to the sun. And I was in so much pain that I couldn't eat, drink or speak. I couldn't even kiss my husband."

When Lisa returned,

she went straight to her local walk-in clinic. When they saw the state of her lips, she was immediately put into a taxi and referred to a specialist surgeon.

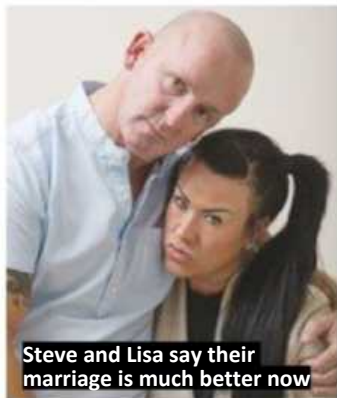
Lisa explains, "I was put under anesthetic and the surgeon operated on my lips and drained all the fillers out. About a month after the operation, my lips healed. But I have another appointment coming up because there were some complications. Some of the fillers ruptured and I was left with a lumpy sack of fluid in my bottom lip. They're going to have to slice my lip and drain the fluid."

Following her experience, Lisa has quit Botox, fillers and sunbeds for good. She wants to encourage other young women to say no to plastic surgery.

"You don't know the long-term damage that fillers and Botox can do to your looks. I was too young when I started having surgery and I didn't think about the risks," she says.

Lisa and Steve say that their marriage has improved since she said goodbye to plastic surgery.

"We are so much happier now. Steve hasn't got a Barbie doll for a wife anymore – he's got a natural woman. I want to be a good example to my children and teach them that plastic surgery is not the answer."



Steve and Lisa say their marriage is much better now

Verdict

BY WALTON GOLIGHTLY

THE WARWICK SLASHER

AT 15, he was already a brutal serial killer.

WHEN police arrived at the home in the Buttonwoods area of Warwick, Rhode Island, they found Joan Heaton, 39, and her daughters Jennifer, 10, and Melissa, eight, dead. All had been stabbed multiple times and Melissa had had her skull bashed in with a kitchen stool.

FBI profiler Gregg McCrary believed the murderer was likely someone from the neighbourhood. Moreover, he suggested the crime was probably connected with another unsolved murder that took place two years earlier in Buttonwoods. There, in July 1987, Rebecca Spencer, 27, had been found stabbed repeatedly in her lounge.

In both cases, the killer used a weapon that was already present in the house. This suggested he originally entered the residence for another purpose, such as to burgle the house, said McCrary. Another similarity was the 'overkill', with both Joan and Rebecca having been stabbed more than 50 times.

McCrary also said the 'frenetic manner of the stabbing' had likely resulted in the murderer stabbing his own hand. Investigators should look for someone in the neighbourhood with a cut or bandaged hand.

A day after the murders, on September 5, 1989, detectives Ray Pendergast and Mark Brandreth stopped to talk to Craig Price, 15, who Pendergast once coached in a local basketball programme. When they noticed Craig had a bandage on his hand they asked how he had hurt himself. Craig said he had got drunk and punched his hand through a car window. As the detectives pulled away they could not help but wonder if Craig was telling the truth about his hand. Why would he admit to two police officers that he vandalised a car?

At the same time, they couldn't believe a teenager could be responsible for such savagery. However, they soon learnt there was no police report of a car window being smashed in the area Craig mentioned. Price was also found to have a history of breaking and entering, peeping into houses and using drugs. He was also known to have a violent temper.

A search of Price's home turned up a garbage bag full of bloody knives from the Heaton household, along with bloodied articles of clothing, gloves and other objects. Price was arrested and immediately confessed to the Heaton murders. According to one source, what came out of his mouth 'stunned even the most experienced and jaded listeners and sent his father, John Price, to the men's room to vomit'.

Later, when asked about Rebecca Spencer, Craig admitted that he also killed her. He was just 13 years old at the time.

Unfortunately, Price had the law on his side. He had confessed to the crimes just weeks before his 16th birthday and all the courts could do was hold him in a reformatory until he turned 21. He would then be a free man with a clean record.

But Price proved to be his own worst enemy.

On the advice of his court-appointed lawyer, he had refused a court order to undergo further psychological testing at the reformatory. Assistant Attorney General Jeffrey Pine used this to file contempt-of-court charges against Price in 1994.

Then, a little later, when Price flew into a rage and threatened to 'snuff out' a corrections officer, Pine added extortion charges.

"It was an extraordinary indictment. No one could remember an inmate being charged for what many considered routine language in the youth prison," says crime writer Rachel Bell. But Pine knew Price was extremely dangerous.

"We were dealing with a quadruple murderer who had threatened to kill again, and we were going to prosecute him to the full extent of the law," he says.

Price was found guilty and sentenced to 15 years. He spent his 21st birthday in an adult correctional institution. He remains in prison as he's had more years added on to his sentence for attacking correctional officers.

Lisa's cosmetic surgery costs over eight years

- Botox – R116 208
- Lip fillers – R61 633
- Sunbeds – R268 569
- Hair extensions – R309 888
- Nail extensions – R82 636
- Semi-permanent eyebrows – R8 608
- Semi-permanent eyeliner – R8 608
- Make-up – R82 636
- **Grand Total – R938 786**



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PEOPLE 87

Real Life **World's Fattest** Lady Lost 200kg!

THE former world's fattest woman, who at her heaviest weighed half a tonne, has lost more than 200kg!

TWELVE years ago, Catrina Raiford, 38, weighed close to half a tonne. Bedbound for five years, she dubbed herself 'The Half Tonne Woman'.

After medical professionals bulldozed the side of her home to free her from her bed after she suffered breathing difficulties, she embarked on a strict diet and lost the weight.

Limiting herself to small portions of lean meat, fruit and vegetables, Catrina lost 226kg, and no longer holds the record as the world's heaviest woman. Now she hopes to lose even more

weight, as well as the 63kg of excess skin she has been left with. This is her story:

"A loud engine was revving up outside my bedroom. Struggling to breathe, as I lay stranded in bed, I looked at my poor mother's despairing expression. I could feel fresh air blustering across my mounds of flesh as the commotion outside gathered pace.

Well, not quite outside...

Weighing half a tonne, when Mom called emergency services,

paramedics had realised I was too fat to fit through my

bedroom door. And my life depended on getting me out!

So, with no other option, a fire crew set to work cutting down my bedroom wall with a chainsaw. As I listened to the blade slicing through the timber, I felt a mixture of fear, relief and excitement. Soon I would be free from my cage. However, once the wall dropped and my rescuers discovered my body was swamped by fat, it was determined I was too enormous for the ambulance.

Super-sized, at 431kg I was the world's fattest woman. I'd even dubbed myself 'The Half Tonne Woman' and now it took a team of 10 men to drag me on to a tarpaulin to drag me out the house.

Outside in the scorching sun, in place of an ambulance

waiting to take me to a hospital, there was a flat-bed pick-up truck ordinarily used to transport broken down cars.

It must have taken my rescuers all their strength to pull me on to the back of that truck, and as I was strapped down, so I wouldn't roll off, I asked my family to take pictures.

I wanted a reminder of that day, the day that was going to change my life. How had I got to this point?

But I realised, it was also the thing that was going to save me. I just had to swallow my pride, cover my eyes and get on with it.

My gargantuan body had held me captive in my own home for the last five years. The demolition of that wall was the beginning of my breaking away from being a prisoner in my own home. I'd found comfort in food after suffering years of sexual abuse in childhood. Sweet snacks like cookies, sweets and cake were my weakness and I bought them from the local shop and hid them away in my bedroom.

'I'd even dubbed myself "The Half Tonne Woman" and now it took a team of 10 men to lift me.'

Catrina took to aerobics in the swimming pool



A more recent pic of Catrina



Catrina at her biggest

SOURCE: PAN MEDIA

By the time I was 12, I was so large my mom had to make my clothes, including elasticated school skirts, as I'd out-grown shop sizes. I struggled to get up in the mornings and walk around because, carrying the extra weight, my joints ached too much.

I lost my job as a telemarketer and, when eventually I wasn't able to get around at all, I moved back in with Mom. But, as I grew, my life shrank. For five years, I was bedbound – engulfed by a padded cell of flesh. Mom brought me home-cooked

meals, delicious plates of steak, rice and vegetables. She wouldn't bring me any junk food or snacks, and we fought like mad because of it.

She told me I had to stop eating. She didn't want me to die, or watch me die like this, overweight and bed-ridden.

I called her a 'mean lady', and begged my friends and other members of my family to sneak in burgers and fries.

I would tell them to hide the contraband food in their bag so that Mom wouldn't see.

By this time, with no dignity left, I was beyond caring.

And I created myself a fantasy world on the Internet. I escaped the horror of my

existence by lying to men online about my appearance. I'd create 'catfish' relationships – fictional relationships, chatting in cyberspace, using a fake persona.

I didn't want to show the men I spoke to what I really looked like, so I posted up photos of my cousin. She was pretty and I told her about what I was doing. She said it was okay.

I think she felt sorry for me and thought it was harmless enough.

That was the worst time of my life. I just wanted to die. Each day I'd just eat, watch TV, read and go online from morning to night.

But my total humiliation, as shocked neighbours watched me being carted out of my house, was my

saviour.

After leaving the hospital, I was admitted to a weight loss facility, where I was fed smaller plates of food and learnt about calories and portion control.

Once the weight started to melt away, the staff helped me to stand up and take my first step in years.

I was overwhelmed and, with time, one step became a short walk and after two-and-a-half years I had lost an incredible 133kg naturally, all by myself.

After that, I was light enough to have a gastric bypass procedure, which meant I could only eat small portions of lean meat, fruit and vegetables.

Soon I found myself able to run around and go to the gym.

I started with aerobics in the swimming pool, as the water helped to hold me up. I ran and jogged. I felt free.

Now I love running around, going on the treadmill. I go to the gym three or four times a week to keep fit. After an epic struggle I'm down to 200kg and wear a size XXXL.

But my one big problem is that I'm still carrying 63kg of excess skin, around my breasts, legs and waist, which is weighing me down. I'm desperately trying to raise the R142 000 I need to have surgery to remove it, and I'm appealing for help through the Go Fund Me website.

After being in bed for so long, I'm desperate to be truly free, but my skin feels like I'm wearing a giant fat suit, which is holding me back.

I was recently admitted to hospital, near my home in Tampa, Florida, USA, after being diagnosed with cellulitis – an infection of the skin – following a gym injury to my leg. Doctors say I need to lose more weight to stop injuring myself and having complications, but this heavy skin is making it hard for me to exercise, to shift the extra weight. I don't want my excess skin removed for my looks. I just need the operation to help finish the process I've started and improve my health.

Still, compared to a few years ago, I feel like a new woman. It's as if I had to endure all the hardships and problems in the past to make me the strong woman I am today.

I led a life no one should lead and I now want to inspire others with my story – people who have similar issues – because there are so many out there who need help and don't know what to do. I want to motivate them. I still cry sometimes, but now they are tears of joy as I've overcome so much and have a positive future to look forward to.

Last year, I bought my first bikini and when I stepped out to go for a swim, I felt amazing. Before too long, once my excess skin has been removed, I hope to be a bathing belle."

'I escaped the horror of my existence by lying to men online about my appearance.'



She's much happier now that she's lost over 200kg

The 63kg of excess skin she needs to lose

You can visit Catrina's Go Fund Me profile at www.gofundme.com/7my5x8.



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Did You Know?

BY ZARA BRINER

INTERESTING facts about the world we live in.

* THE average car in Britain is parked 96 percent of the time.

* THE United States consumes one third of the world's caviar.

* THERE is a hotel in Sweden called the Icehotel that is built solely from ice.

* EGGS from the UK are considered illegal in America because they are not cleaned, and American eggs don't comply with UK laws because they *are* cleaned.

* JUST like fingerprints, everyone has a different tongue print.

* AUSTRALIA'S Giant Gippsland earthworm can grow up to three metres in length.

* ACCORDING to research, lightning strikes reach the ground on Earth as many as 8-million times per day.

* TODAY'S Olympic gold medals are silver plated with at least six grams of gold.

* LEGENDARY baseball player **Babe Ruth** wore a cabbage leaf under his cap to keep himself cool.

* **UMA THURMAN'S** father, Robert Thurman, was the first American to be ordained a Tibetan Buddhist monk.

* DRINKING sea water is unsafe as it carries bacteria, which can make a person ill. The salt content is also too high for the body to digest and causes dehydration.

* IN Japan, baseball is one of the most popular sports, but sumo wrestling is still considered their national sport.

* THE first meal eaten on the moon by Neil Armstrong and Buzz Aldrin was cold roast turkey.

* STRAWBERRIES are the only fruit that have their seeds on the outside.

Real Life

BY VANESSA PAPAS

EIGHT suicide bombers, 30 minutes of bloodshed, more than 130 innocent lives lost – a macabre attack by terrorists in the heart of Paris has left a nation haunted with fear.

Tears For Paris

**Suspected terrorist
Salah Abdeslam**



A number of arrests have been made since the attacks

terrorist attacks that left over 130 people dead and 349 injured. We recount the awful events that occurred, the lives that were taken, the faces behind the attack and the sympathy and outrage this 'act of war' has had on the world.

A Deadly Rampage

THE killers specifically targeted places where young people were

25, from Syria, had apparently tried to enter the Stadium about 15 minutes after the game had started but was turned away when his explosive vest was discovered during a routine 'frisking'. With his plans foiled, he fled and, while trying to get away from security officials, detonated the vest. A passport with Almuhammed's name was allegedly found nearby. The blast was soon followed by a second explosion outside the stadium near another entrance when suicide bomber Bilal Hadfi, 20, blew himself up several minutes later.

According to witnesses, the football crowd didn't take much notice of the first blast but when the second occurred they realised something was wrong. "We heard the explosions but we thought they were home-made fireworks. At the end we preferred to stay inside the stadium; that's where we felt safest," said a France supporter Frédéric Lavergne.

While no one was killed in the actual Stadium, three lost their lives when the bombers detonated their vests and several others were injured.

Another attack occurred near the Stade de France, this time by a McDonald's restaurant on the fringes of the stadium. The attacker who detonated his suicide vest was identified as a 20-year-old French man living in Belgium. Masked attackers armed with Kalashnikovs and driving a black get-away vehicle also struck a series of restaurants, including the popular Le Petit Cambodge and Le Carillon Bar in Paris' 10th district, both also in the same general neighbourhood as the *Charlie Hebdo* offices, killing

A BODY covered by a sheet is seen on the pavement outside the famed Bataclan concert hall in Paris, France. There are many more dead. Bloody trails on the road mark areas where the injured and dying were dragged along the alleyway by friends in a desperate attempt to escape the hail of bullets. Video footage shows how one victim – a pregnant woman – makes the desperate decision to climb out of a second-storey window and hangs precariously on the skirting. Heart-breaking photographs of family and friends of those deceased stricken with sadness as they embrace one another in solidarity – all images of tragedy. And of hatred. The heart of Paris bleeds for the many victims killed Friday, November 13, in what is widely believed to have been a series of

enjoying their Friday evening and the Stade de France football stadium was one of them. The fifth largest stadium in Paris was the first to be hit, followed by a handful of bars and cafés, and then finally the Bataclan concert hall. Roughly 80 000 football fans had gathered at the Stade de France to watch a friendly football match between France and Germany. Among the spectators were French president Francois Hollande and German Foreign Minister Frank-Walter Steinmeier. During the game two bangs were heard when suicide bombers detonated their explosives outside the stadium. According to a security guard and police officer, the carnage could have been far worse had one of the attackers not been stopped at one of the gates. The man, believed to be Ahmed Almuhammed,

Some Of The Victims Of The Paris Attack



Valentin Ribet



Caroline Prénat



Cedric Mauduit



Nohemi Gonzalez



Guillaume B. Decherf



**Thibaut Rousse
Lacordaire**



**Adam
Richardson**



Djamila Houd



Mathieu Hoche



**Alberto González
Garrido**



Kheireddine Sahbi



Elif Doğan



Guillaume-le-Dramp



**Claire
Camax**

15. Gunmen opened fire on diners sitting on the terrace at La Casa Nostra pizzeria, killing at least five people. A group attacked La Belle Equipe bar in Rue de Charonne. At least 19 people died after the terrace was sprayed with bullets. Five minutes later, Ibrahim Abdeslam, 31, set off a suicide vest near the outside café Comptoir Voltaire close to the Bataclan theatre, using a device similar to that used by the bombers at the stadium. Several people were injured, but no deaths were reported. The car used in the drive-by shootings at two restaurants was later found abandoned containing three AK-47s with five full magazines and 11 empty ones.

The Bloodiest Attack

BATACLAN was one of six locations across Paris targeted, and the deadliest flashpoint in the attacks. A crowd of hundreds, mostly youngsters, had gathered to watch Californian band Eagles Of Death Metal perform. The show was a sell-out. The band had been on stage for an hour when the 150-year-old music hall came under attack. Four men, armed with AK-47s, burst through the doors. The gunmen ordered the audience to lie on the floor. One shouted in French: "What you are doing in Syria, you are going to pay for it now." Another cried: "This is for Syria." Then, aiming their weapons, they issued short bursts of fire, killing two or three people at a time. People were crawling on top of each other, covering their heads, whispering prayers. For 10 minutes the gunmen slowly picked off their victims as they lay face-down, deliberately pausing for a moment every so often. Some of the spectators managed to flee from back exits, but countless were not as lucky.

"It just feels like a nightmare and so surreal. It was towards the end of the gig and we heard what sounded like firecrackers. Everyone thought it was part of the show but then I saw the lead singer's face turn white with fear and the band fled the stage. They looked so petrified," said 21-year-old university student Hanna Corbett. Corbett explained how she thought she was going to die. "The lights went on and everyone just dropped to the floor. There was blood all around. People were lying on top of each other. It felt like ages but

it could have been just five to 10 minutes – there was this banging. It didn't stop. I pretended to be dead. I lay still, trying not to breathe." Twelve-year-old survivor Oscar Leader was with his father John when the horror unfolded. John explained how he felt something go past his ear. "I didn't know what it was. Then I realised something's coming out, something's going towards the stage. At that point I think everybody understood. Everybody threw themselves on the ground," he said. "I saw the two shooters. One was changing his magazine, so he had a whole load of magazines in front of him. He had a big vest on. He looked like a young fellow, nothing particular at all. Other witnesses claim three of the gunmen blew themselves up and a fourth person was shot dead by police before they could detonate their bomb. They also reported that a woman was among the group, who was seen shooting randomly into the crowd at the gig before the bombers detonated

their suicide belts. Investigators reported the terrorists used an improved explosive known as TATP, or triacetone triperoxide, which also was used in the 2005 bombings in London, and were likely to be homemade with ingredients usually traced by the secret services.

'It Was A Massacre'

SOUTH AFRICAN resident 22-Year-old UCT graduate Isobel Bowdery was at the Bataclan theatre when the terrorists struck. She posted this eye-witness report on her Facebook page, which has since gone viral, attracting over 740 000 shares at the time of going to press.

"You never think it will happen to you. It was just a Friday night at a rock show. The atmosphere was so happy and everyone was dancing and smiling. And then when the men came through the front entrance and began the shooting, we naively believed it was all part of the show. It wasn't just a terrorist attack, it was a massacre. Dozens of people were shot right in front of me. Pools of blood filled the floor. Cries of grown men who held their girlfriends' dead bodies pierced the small music venue. Futures demolished, families heartbroken. In an instant. Shocked and alone, I pretended to be dead for over an hour, lying among people who could see their loved ones motionless. Holding my breath, trying to not move, not cry – not giving those men the fear they longed to see. I was incredibly lucky to survive. But so many didn't. The people who had been there for the exact same reasons as I – to have a fun Friday night – were innocent. This world is cruel. And acts like this are suppose to highlight the depravity of humans and the images of those men circling us like vultures will haunt me for the rest of my life. The way they meticulously aimed at and shot people around the standing area I was in the centre of without any consideration for human life. It didn't feel real. I expected any moment for someone to say it was just a nightmare.



Quentin Boulange



Luis Felipe Zschoche Valle



Marie Lausch



Amine Ibnolmobarak



Halima Saadi



Eric Thome



Lola Salines



Marie Mosser



Mathias Dymarski and Marie Lausch

Some Of The Victims Of The Paris Attack



Elodie Breuil



Marie Mosser and Mathias



Fabrice DuBois



Victor Munoz



Xavier Prevost



Mohamed Amine Benmbarek



Milko Jozic



Romain Didier



Aurélie De Peretti



Cecile Martin



Asta Diakite



Matthieu Giroud



Renaud Leguen



Elsa Veronique Delplace San Martin

But being a survivor of this horror [enables me] to shed light on the heroes. To the man who reassured me and put his life on the line to try and cover my brain while I whimpered; to the couple whose last words of love kept me believing the good in the world; to the police who succeeded in rescuing hundreds of people; to the complete strangers who picked me up from the road and consoled me during the 45 minutes I truly believed the boy I loved was dead; to the injured man who I had mistaken for him and then on my recognition that he was not Amaury, held me and told me everything was going to be fine despite being all alone and scared himself; to the woman who opened her doors to the survivors; to the friend who offered me shelter and went out to buy new clothes so I wouldn't have to wear this blood-stained top. To all of you who have sent caring messages of support – you make me believe this world has the potential to be better, to never let this happen again. But most of this is to the 80 people who were murdered inside that venue. Who weren't as lucky. Who didn't get to wake up today and to all the pain that their friends and families are going through. I am so sorry. There's nothing that will fix the pain. I feel privileged to be there for their last breaths. And truly believing that I would join them, I promise that their last thoughts were not on the animals who caused all this. It was thinking of the people they loved. As I lay down in the blood of strangers and waiting for my bullet to end my mere 22 years, I envisioned every face that I have ever loved and whispered I love you, over and over again. Reflecting on the highlights of my life. Wishing that those I love knew just how much, wishing that they knew that no matter what happened to me, to keep believing in the good in people. To not let those men win. Last night, the lives of many were forever changed and it is up to us to be better people. To live lives that the

innocent victims of this tragedy dreamt about but sadly will now never be able to fulfil. RIP angels. You will never be forgotten."

Among Those Dead

'Within hours of the attacks, photographs of victims appeared on social media... Hashtags were used widely to circulate the names and photos of the missing.'

WITHIN hours of the attacks, photographs of the victims started appearing on social media with a flood of pictures on Twitter, Instagram and Facebook. The hashtags #rechercheParis (searching Paris) and #rechercheBataclan were used widely to circulate the names and photos of the missing. Innocent people who did not want to wage war were among the dead – the youngest life lost was 15. Among the victims were Nick Alexander from Colchester in Essex, who had been selling merchandise of the band. His girlfriend Polina Buckley posted a photograph of the couple kissing with the words: "You are and always will be

the love of my life, Nick Alexander". "Nick died doing the job he loves and we take great comfort in knowing how much he was cherished by his friends around the world," his family said in a statement. The British Foreign Office said a 'handful' of other Britons were also feared dead. Two young Tunisian sisters who lived in the French region of Creusot and were in Paris for a friend's birthday, also died in the attacks. Two Portuguese nationals are also reported to have died. One was a 63-year-old man who lived in Paris and worked for the public transport system who was killed near the Stade de France sports stadium. The second victim, killed in the Bataclan music hall attack, was a dual national born in France in 1980. Among the other victims were two Algerians, at least three Belgians, two people from Chile, two Romanians, a Spaniard and one Moroccan. The death of Caroline Prénat, a

24-year-old who was also at the Bataclan, was also announced online, on a friend's Twitter account. Valentin Ribet, a young lawyer who studied at the London School of Economics, was confirmed dead on Twitter by the university. American exchange student Nohemi Gonzalez was killed in one of the restaurant attacks. The 23-year-old, from El Monte, California, was studying at the Strate College of Design in Paris. Former Premier League midfielder **Lassana Diarra** took to social media to confirm his cousin, Asta Diakite, was among those killed, calling her a 'great support' in his life. Music journalist Guillaume Decherf, and Djamilia Houd, 41, both from France, have also been confirmed as victims. Mathieu Hoche, 38, a technician at France24 news channel was also killed at the concert. Several other victims have also been identified either formally or by friends and family on social media. Many more have yet to be named. A centre has, meanwhile, been set up for victims' families at the Ecole Militaire.

Behind The Carnage

IN response to the attacks, France was put under a state of emergency for the first time since 2005. Borders were temporarily closed, and 1 500 soldiers were called in to help the police maintain order in Paris. There were a string of arrests in the hours following the terror attacks. Three people were arrested at the French/Belgian border after police traced their car following its sighting in Paris at the time of the attacks. Police also arrested seven people in the St Jans Molenbeek district of Brussels after a discarded parking ticket found in a VW Polo seen outside the Bataclan theatre led police there. It is confirmed two of the attackers live in Brussels, with one from the Molenbeek area. Suicide bomber Omar Ismail Mostefai, 29, was identified by his fingerprint. His severed digit was found among the carnage at the Bataclan concert hall. He blew himself up in the attack but six of his family members, including his father, 34-year-old brother and sister-in-law, were arrested in France and their homes searched. It's understood Mostefai was a petty criminal known to police as a radical. Police





Valeria Solesin



Précilia Correia



Thomas Ayad



Michelli Gil Jaimez



Helen Wilson cradled the dying Nick Alexander. She was shot in the legs



Kheireddine Sahbi



Véronique Geoffroy de Bourgies



Nick Alexander

explained Mostefai was French and was born and grew up on an estate in Courcouronnes in Essonne, 25km south of Paris. His parents, or at least his father, is believed to have been of Algerian descent. It's been reported that in 2010, Mostefai had been the subject of a police investigation into an alleged terrorist organisation. Several terrorists before him had previously been the subject of the same kind of police file before later carrying out horrific attacks, including Mohamed Merah who carried out a gun attack on a Jewish school in Toulouse in 2012 after deadly attacks on soldiers, and Cherif Kouachi, who carried out the *Charlie Hebdo* attacks with his brother.

Ironically, a neighbour of Mostefai's claimed he was a 'a really great guy' who was friendly and open. "He talked to the kids; played football with the neighbours. His wife didn't work and they had a very young daughter, nothing stood out," said the neighbour. "He didn't work regularly, he had temporary jobs. There didn't seem to be anything odd about him."

At the time of going to press police had launched a manhunt for a suspect they believed was directly involved in the attacks. Salah Abdeslam, 26, is thought to have rented the black Volkswagen Polo used in the attack at the Bataclan concert hall and is the brother of one of the attackers who died. Abdeslam was born and lived in Belgium but is a French national. In the hours after the attacks, French police stopped him and two other men close to the border with Belgium, but allowed them to go on their way because their names were not at that stage on any wanted list.

'ISIL and their branches claimed guilt for the deadly attacks leading up to the tragedy.'

What Sparked The Attacks?

WITHIN minutes of the attacks rumours were rife that The Islamic State of Iraq and the Levant (ISIL) was responsible. It has since admitted to being behind the carnage. France's military has been involved in airstrikes in Iraq and Syria

since September 19, 2014, known by the codename, Operation 'Chammal'. In October 2015, France struck targets in Syria for the first time. ISIL specifically mentioned the airstrikes when they claimed responsibility. ISIL and their branches also claimed responsibility for numerous deadly attacks which took place in the weeks leading up to the tragedy. On November 12, 2015, twin suicide bombings took place in Beirut, Lebanon, killing 43 people. On October 31, 2015, Metrojet Flight 9268, carrying mostly Russian passengers, crashed in the Sinai Peninsula, Egypt, killing

224 people, for which ISIL's Sinai branch claimed responsibility. On the day of the attacks, ISIL's lead executioner, Jihadi John, was killed by a US drone strike and ISIL lost control of Sinjar to Kurdish forces. A report has also revealed that a series of 'vital clues' appear to have been missed before the Paris terror attack. "At least one of the terrorists was a Parisian who had been on a watch



Vigils were held across Paris to commemorate the dead



list for five years, but was not being monitored closely enough to be stopped before he took part in the murderous attack," says the report. "Greek authorities believe that two of the gunmen sneaked into Europe posing as refugees from Syria – heightening fears that not enough security checks are being carried out on migrants. In May this year, a newspaper revealed the concerns of security analysts that Islamic State extremists were being smuggled into Europe among refugees crossing the Mediterranean. More than a week ago, a heavily-armed suspect was stopped in Germany on his way to Paris. Hidden in his car, police found a terrifying arsenal, including seven Kalashnikov assault rifles and seven hand grenades. The destination programmed into his satnav system was Paris but officers failed to alert anti-terror police."

Meanwhile, French Prime Minister Manuel Valls has said that authorities believe new terror attacks are being planned in France and in other European countries following the carnage in Paris. "We are making use of the legal framework to question people who are part of the radical jihadist movement...and all those who advocate hate of the republic. Terrorism may strike us again in the days and weeks to come. I don't want to scare people but to warn them. We will keep living for a long time with the terrorist threat."



Cool Stuff

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HEROLD

FROM toy cars to
cameras and activity
trackers, we've got
you covered.

Alessandra
Ambrosio

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The Gadget Shop

MODARRI cars are great gadgets for kids. This toy allows you to build with tools, invent new tricks and design new vehicles. The fun, durable, drivable, buildable and interchangeable design allows kids to interact with physics whilst encouraging them to engage in a learning experience.



R299

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THIS fashion-focused activity tracker not only tracks your activity but looks good on your wrist too. Track your steps, distance and the calories you've burnt.

R2 399



R9 999

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Tech News

Virtual Reality

THE OSVR Hacker Development, a mounted display for virtual reality production, is now available for pre-order to the general public. This is the first virtual reality headset from OSVR for use by general consumers as well as industry developers. Visit: <http://www.razerzone.com/store/osvr-hdk>



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THEY'RE big stars
now, but it wasn't
always the case...

Maps Maponyane

SOUTH AFRICA'S very own Mr Smooth is under our microscope this week. **Maps Maponyane**, model, television presenter, commentator, actor, voice over artist and business entrepreneur is the envy of most men and the desire of most women. Find out a little more about the star...

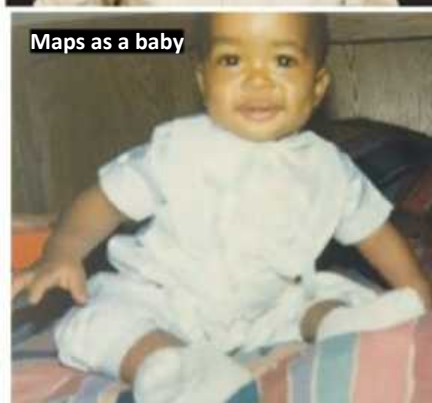
- * HIS full name is 'Masego Maponyane'.
- * **MAPS** is the son of soccer legend **Marks Maponyane**.
- * **MAPS**' only brother is Katlego Maponyane.
- * HE grew up in Protea North before his family moved to Pretoria.
- * HE has always had a passion for sports and fashion.
- * **WHEN** he was younger he dreamed of being a sportsman or an architect.
- * HIS older brother grew up doing TV commercials and when he turned 10, his mom signed him up at an agency. The rest is history!
- * **AFTER** Matric he travelled to Europe for six weeks where he says his mind was opened to new experiences, different lifestyles and cultures.
- * When he returned, he interned at SA Fashion Week with Lucilla Booyzen, who mentored him in fashion.
- * HE is best known to television audiences for his role as TK in the second season of the Mzansi Magic drama series *Rockville*.
- * A WELL-KNOWN publication voted him 2013's Sexiest Man in SA.
- * HE was a co-presenter of the SABC 3 reality competition and lifestyle series *Win A Home* in 2014.
- * **MAPS**' best friend is Mongezi Ngcobondwane, better known as **Tol A\$\$ Mo**.
- * HE recently starred in the romantic comedy *Tell Me Sweet Something* with **Nomzamo Mbatha**.



At a fashion show in March, 2015



Maps at Summer Place, Johannesburg



Maps as a baby



Even back then he had that winning smile

EXPRESS LUNCH



News
on the
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12-2PM



A bumper-packed lunch time bulletin bringing you the latest news, top stories, current affairs and live in-studio guests.
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